THE VISUAL
DICTIONARY OF

# SPORTS & GAMES

# SPORTS & GAMES

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QA INTERNATIONAL

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# INTRODUCTION

## EDITORIAL POLICY

*The Visual Dictionary* takes an inventory of the physical environment of a person who is part of today's technological age and who knows and uses a large number of specialized terms in a wide variety of fields.

Designed for the general public, it responds to the needs of anyone seeking the precise, correct terms for a wide range of personal or professional reasons: finding an unknown term, checking the meaning of a word, translation, advertising, teaching material, etc.

The target user has guided the choice of contents for *The Visual Dictionary*, which aims to bring together in 12 thematic books the technical terms required to express the contemporary world, in the specialized fields that shape our daily experience.

## STRUCTURE

Each tome has three sections: the preliminary pages, including the table of contents; the body of the text (i.e. the detailed treatment of the theme); the index.

Information is presented moving from the most abstract to the most concrete: sub-theme, title, subtitle, illustration, terminology.

## TERMINOLOGY

Each word in *The Visual Dictionary* has been carefully selected following examination of high-quality documentation, at the required level of specialization.

There may be cases where different terms are used to name the same item. In such instances, the word most frequently used by the most highly regarded authors has been chosen.

Words are usually referred to in the singular, even if the illustration shows a number of individual examples. The word designates the concept, not the actual illustration.

## DEFINITIONS

Within the hierarchical format of *The Visual Dictionary*'s presentation, the definitions fit together like a Russian doll. For example, the information within the definition for the term *insect* at the top of the page does not have to be repeated for each of the insects illustrated. Instead, the text concentrates on defining the distinguishing characteristics of each insect (the *louse* is a parasite, the female *yellow jacket* stings, and so forth).

Since the definition leaves out what is obvious from the illustration, the illustrations and definitions complement one another.

The vast majority of the terms in the *Visual Dictionary* are defined. Terms are not defined when the illustration makes the meaning absolutely clear, or when the illustration suggests the usual meaning of the word (for example, the numerous *handle*s).

## METHODS OF CONSULTATION

Users may gain access to the contents of *The Visual Dictionary* in a variety of ways:

- From the TABLE OF CONTENTS at the end of the preliminary pages, the user can locate by title the section that is of interest.
- With the INDEX, the user can consult *The Visual Dictionary* from a word, so as to see what it corresponds to, or to verify accuracy by examining the illustration that depicts it.
- The most original aspect of *The Visual Dictionary* is the fact that the illustrations enable the user to find a word even if he or she only has a vague idea of what it is. The dictionary is unique in this feature, as consultation of any other dictionary requires the user first to know the word.

**TITLE**

Its definition is found below. If the title refers to information that continues over several pages, after the first page it is shown in a shaded tone with no definition.

**DEFINITION**

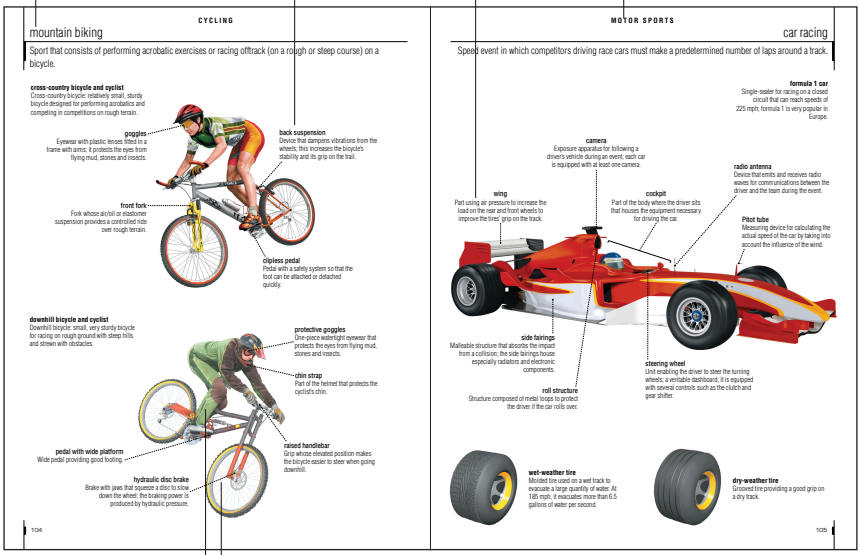
It explains the inherent qualities, function, or characteristics of the element depicted in the illustration.

**SUB-THEME**

These are shown at the end of the preliminary pages along with their definitions. They are then repeated on each page of a section, but without the definition.

**TERM**

Each term appears in the index with a reference to the pages on which it appears.




**ILLUSTRATION**

It is an integral part of the visual definition for each of the terms that refer to it.

**NARROW LINES**

These link the word to the item indicated. Where too many lines would make reading difficult, they have been replaced by color codes with captions or, in rare cases, by numbers.

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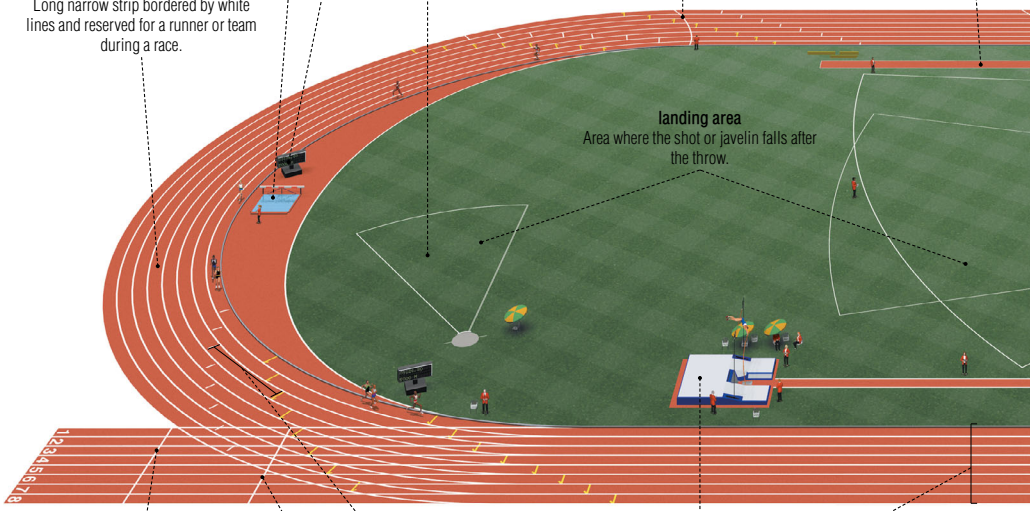
# arena

Field designed for participating in track and field and for staging competitions; it is often surrounded by grandstands for seating spectators.



**scoreboard**
Display surface posting information related to a sporting event in progress (time, standings, results, etc.).

**long jump and triple jump**
Track and field event that requires jumping as far as possible from a given point (long jump) or taking several strides before jumping (triple jump).

**steeplechase hurdle jump**
Track event held on a 3,000 m circuit that includes artificial obstacles (hurdles, water jumps), which the runners are required to clear.

**shot put**
Event in which the athlete attempts to throw a weight as far as possible (12 pounds or 7.257 kg for men and 8.8 pounds or 4 kg for women).

**5,000 m starting line**

**lane**
Long narrow strip bordered by white lines and reserved for a runner or team during a race.

**landing area**
Area where the shot or javelin falls after the throw.

**110 m hurdles starting line**

**takeover zone**
Area in which the runners on a relay team pass the baton to the next runner.

**track**
Oval circuit designed to hold races such as sprints, hurdles and relays.

**100 m and 100 m hurdles starting line**

**pole vault**
Athletic event in which a pole is used to vault over the highest possible crossbar.

**throwing circle**
Area where the athlete winds up to throw the discus or hammer; the athlete may not leave this area before the object touches the ground.

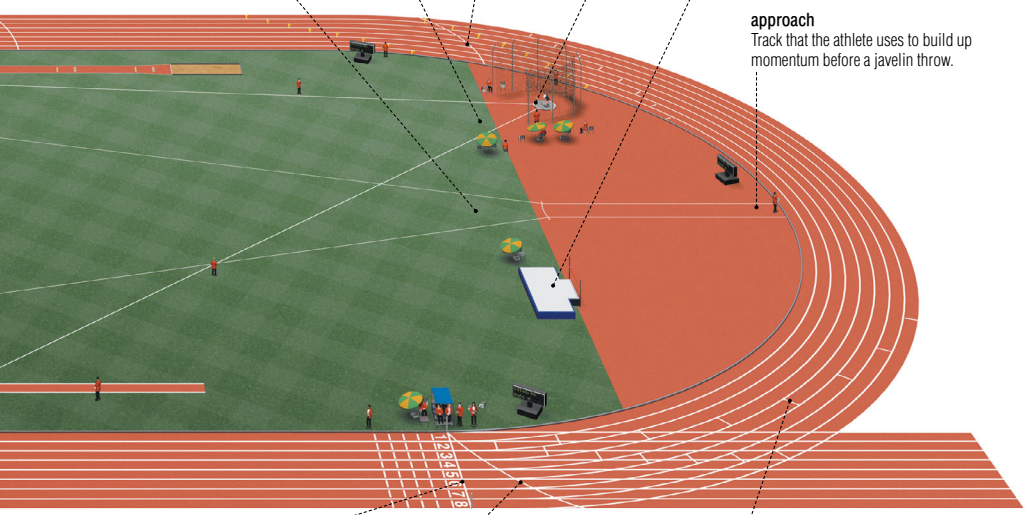
**discus and hammer throw**
Disciplines in which athletes attempt to throw a discus (2 kg for men and 1 kg for women) or hammer (16 lbs or 7.257 kg for men and 4 kg for women) as far as possible.

**1,500 m starting line**

**high jump**
Athletic event that requires jumping as high as possible to clear a horizontal bar, relying solely on leg thrust.

**javelin throw**
Discipline in which athletes attempt to throw a javelin as far as possible (800 g for men and 600 g for women).

**approach**
Track that the athlete uses to build up momentum before a javelin throw.



**finish line**
Line marking the end of a race.

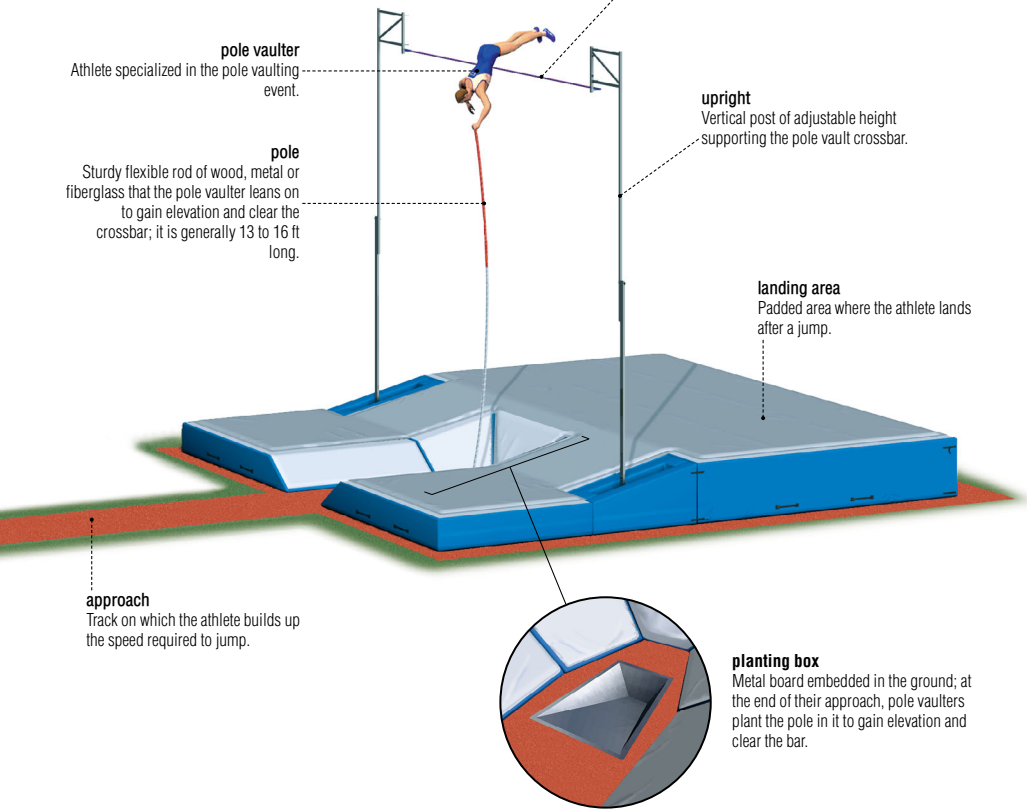
**400 m, 400 m hurdles, 4 x 100 m relay starting line**

**10,000 m and 4 x 400 m relay starting line**

# jumping

The four jumping events are the high jump, long jump, triple jump and pole vault.

**pole vault**
Athletic event in which a pole is used to vault over the highest possible crossbar.



**crossbar**
Long horizontal bar that the athlete must clear without knocking it over; it rests on mounts attached to two uprights.

**pole vaulter**
Athlete specialized in the pole vaulting event.

**upright**
Vertical post of adjustable height supporting the pole vault crossbar.

**pole**
Sturdy flexible rod of wood, metal or fiberglass that the pole vaulter leans on to gain elevation and clear the crossbar; it is generally 13 to 16 ft long.

**landing area**
Padded area where the athlete lands after a jump.

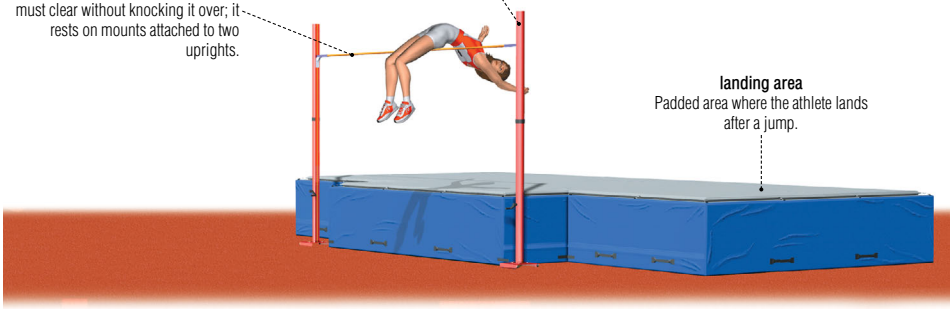
**approach**
Track on which the athlete builds up the speed required to jump.

**planting box**
Metal board embedded in the ground; at the end of their approach, pole vaulters plant the pole in it to gain elevation and clear the bar.

**high jump**
Athletic event that requires jumping as high as possible to clear a horizontal bar, relying solely on leg thrust.

**upright**
Vertical post of adjustable height supporting the high jump crossbar.

**crossbar**
Long horizontal bar that the athlete must clear without knocking it over; it rests on mounts attached to two uprights.



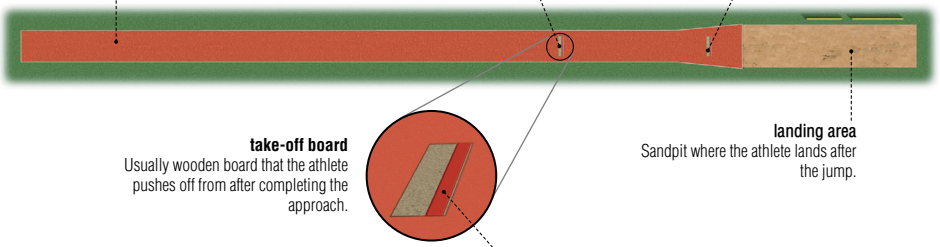
**landing area**
Padded area where the athlete lands after a jump.

**long jump and triple jump**
Track and field events that require jumping as far as possible from a given point (long jump) or taking several strides before jumping (triple jump).

**run-up track**
Track on which the athlete builds up the speed required to jump.

**triple jump take-off board**
After clearing the take-off board, the athlete must perform two hops before jumping into the landing area.

**long jump take-off board**
It is placed close to the landing area across which the athlete jumps as far as possible.



**take-off board**
Usually wooden board that the athlete pushes off from after completing the approach.

**landing area**
Sandpit where the athlete lands after the jump.

**indicator board**
Board covered with plasticine to take an imprint of the athlete's foot if it touches down beyond the take-off board, which is against the rules.

# throwing

The throwing events are discus, shot put, hammer and javelin.

**javelin**
Metal rod shaped like a spear that the athlete throws with one hand after building up speed on the runway.

**tip**
The end of the javelin that pierces the ground.

**shaft**
Long, usually metal rod making up the body of the javelin.

**grip**
Part which the athlete holds to throw the javelin; it is usually made of cord wound around the javelin's center of gravity.

**metal head**
Pointed front end of the javelin.

**hammer**
Implement consisting of a heavy ball attached to a wire; the athlete throws it after spinning around several times in the throwing circle.

**handle**
Part that the athlete holds with two hands when throwing a hammer.

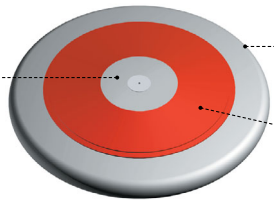
**head**
Spherical weight usually made of metal; it is the first part to strike the ground.

**wire**
Steel wire connecting the head to the handle through the swivel.

**swivel**
Piece that connects the head to the wire and causes it to rotate.

**shot**
Ball made of a metal such as bronze or copper that the athlete throws with one hand after winding up in the throwing circle.

**discus**
Flat circular disk that the athlete throws with one hand after spinning around several times in a throwing circle.



**rim**
Metal circle around the body of the discus.

**weight**
Heavy metal body at the center of the discus.

**body**
Part of the discus that is usually made of wood or plastic.

# soccer

Sport with two opposing teams of 11 players who attempt to score in the opponent's goal by kicking or knocking the ball in with any part of the body except the arms and hands.

**player positions**
Various tactical schemes are used in soccer; among the best known is the 4-4-2, a formation with four defenders, four midfielders and two forwards.

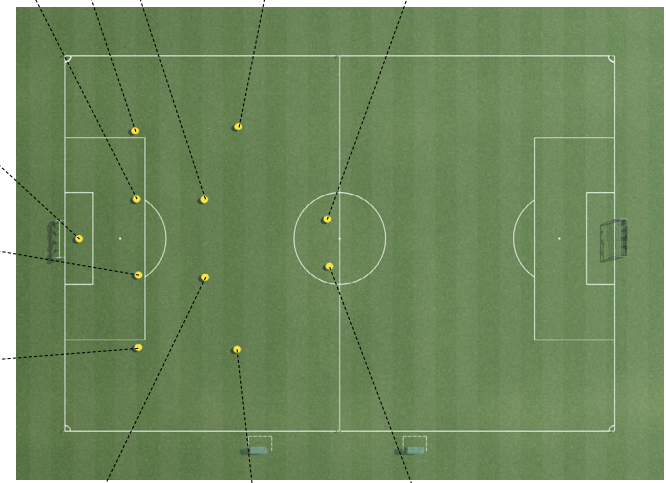
**left back**
Defensive position that covers the left side of the field; this player's main role is to slow or stop an opponent's progress toward the goal.

**defensive midfielder**
Center position; this player tries to take the ball from the opponent before that player reaches the defenders and quickly mount a counterattack.

**sweeper**
Position that stays back, anticipates defensive mistakes by teammates and makes up for them; this player is not required to closely mark an opposing player.

**left midfielder**
Center position that plays on the left side of the field; this player uses playmaking skills to pass the ball to the forwards.

**forward**
Offensive position usually placed behind the striker; this player uses speed to make crisp accurate passes.



**goalkeeper**
Position whose role is to prevent the ball from entering the goal; this is the only player allowed to touch the ball with the hands.

**stopper**
Position that stays back, marks an opposing forward and prevents that player from being in a scoring position.

**right back**
Defensive position that covers the right side of the field; this player's role is to impede an opponent's progress toward the goal.

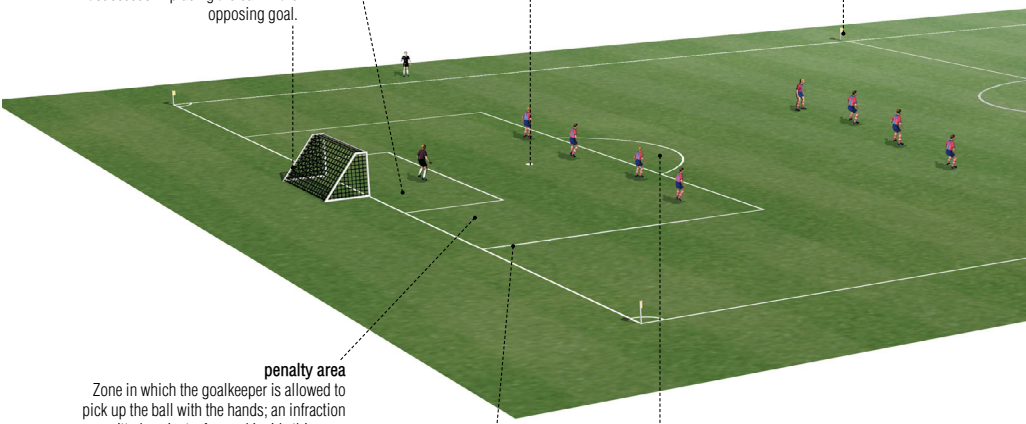
**defensive midfielder**
Center position; this player tries to take the ball from the opponent before that player reaches the defenders and quickly mount a counterattack.

**right midfielder**
Center position that plays on the right side of the field; this player uses playmaking skills to pass the ball to the forwards.

**striker**
Offensive position whose main role is to score goals; this player plays a forward position in the opposing team's zone.

## soccer

**playing field**
Rectangular surface covered with natural or synthetic grass on which a soccer match is played; a game has two 45-minute halves.



**goal area**
Zone in which goal kicks are performed.

**goal**
Cage made up of a net mounted on a frame; a team scores a point each time it succeeds in placing the ball in the opposing goal.

**penalty spot**
Point located 12 yd from the goal line; the ball is placed here when a player takes a penalty kick.

**center flag**
Small post with a flag on top that marks the halfway line.

**penalty area**
Zone in which the goalkeeper is allowed to pick up the ball with the hands; an infraction committed against a forward inside this zone results in a penalty kick.

**penalty area marking**
The three white lines demarcating the penalty area.

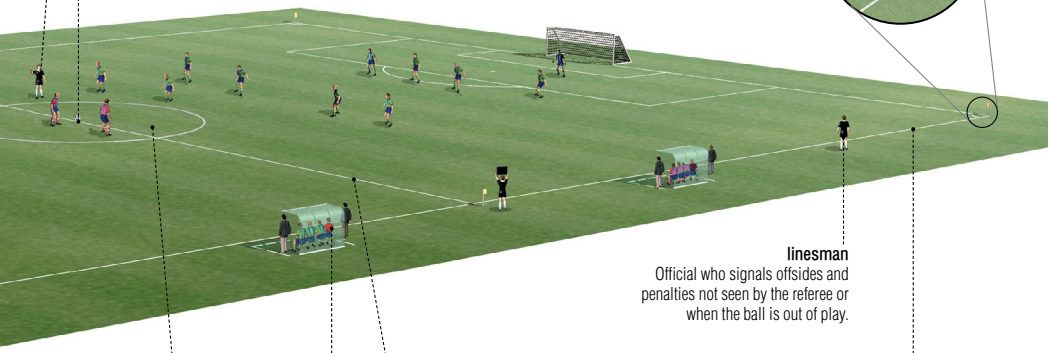
**penalty arc**
Zone next to the penalty area; when there is a penalty, players must be positioned outside this zone and the penalty area.

**referee**
Official responsible for applying the rules; this individual keeps time, signals penalties, issues warnings (yellow card) and ejects players (red card).

**center spot**
Point in the middle of the halfway line where the ball is placed before a kickoff at the start of a half or after a goal has been scored.

**corner flag**
Small post with a flag on top; it marks the intersection of the goal line and the touch line.

**corner arc**
Zone where the ball is placed when there is a corner kick, which is awarded when a defender puts the ball behind the goal line.



**linesman**
Official who signals offsides and penalties not seen by the referee or when the ball is out of play.

**center circle**
Circle drawn at midfield; during kickoffs, only the players on the team with ball possession are allowed into this circle.

**halfway line**
Line dividing the field into two zones, one for each team; the teams switch zones at halftime.

**touch line**
Line along the sides of the playing field; when the ball crosses this line, it is put back into play at the same place.

**substitute's bench**
Area reserved for coaches, technical staff and substitute players; a team cannot make more than three substitutions per game.

**soccer player**
A soccer player is allowed to touch the ball with any part of the body except the arms and hands.

**team shirt**
Flexible garment covering the upper body; it features the team emblem and the player's name and number.

**shorts**
Very short pants covering only the top of the thighs.

**shin guard**
Piece of equipment made up of a hard plastic molding; it protects the soccer player's legs.

**sock**
Garment worn over the foot and up to the knee; it completely covers the shin guard.



**soccer ball**
Inflated ball made of leather or synthetic material; its circumference varies between 27 and 27.5 in.

**goalkeeper's gloves**
Gloves that cover and protect the goalkeeper's hands and wrists and improve the grip on the ball.

**soccer shoe**
Shoe made of leather, soft rubber or plastic; studs are attached to its sole to provide good traction.

**interchangeable studs**
Removable studs attached to the sole; they vary in size and can be changed to adapt to the state of the field.

# baseball

Sport with two opposing teams of nine players who attempt to score points by hitting a ball with a bat and running from one base to the next until they reach home plate; a game lasts nine innings, during which teams alternate from offense (at bat) to defense (in the field).

**bat**
Piece of wood that the batter uses to hit the ball; its maximum length is 42 inches.

**crest**
Symbol representing the brand of the bat or its manufacturer.

**knob**
Circular piece on the end of the handle; it prevents the hand from slipping off the bat.

**handle**
The narrowest part of the bat that the player grasps; it is sometimes covered with antislip material.

**hitting area**
The widest part of the bat and the part that strikes the ball; it must not exceed 2.75 inches in diameter.

**baseball**
Hard ball with a circumference of 9 inches; its outer layer is made of two white pieces of leather sewn together.

**fielder's glove**
Piece of leather covering the hand and wrist and varying in size and shape, depending on the player's position; it is used to catch the ball.

**web**
Part of the glove between the thumb and the index finger; it forms a small pocket in which the ball is caught.

**strap**
The intersecting leather straps that make up the web.

**thumb**
Part of the glove covering the thumb.

**finger**
Part of the glove that covers each of the fingers.

**palm**
Part of the glove that covers the hollow of the hand.

**heel**
The bottom part of the glove.

**lace**
Narrow cord passed through the eyelets to join or tighten the parts of the glove.

## baseball

**field**
Surface on which a baseball game is played; it is in the shape of a quarter circle and is covered with dirt and natural or synthetic grass.

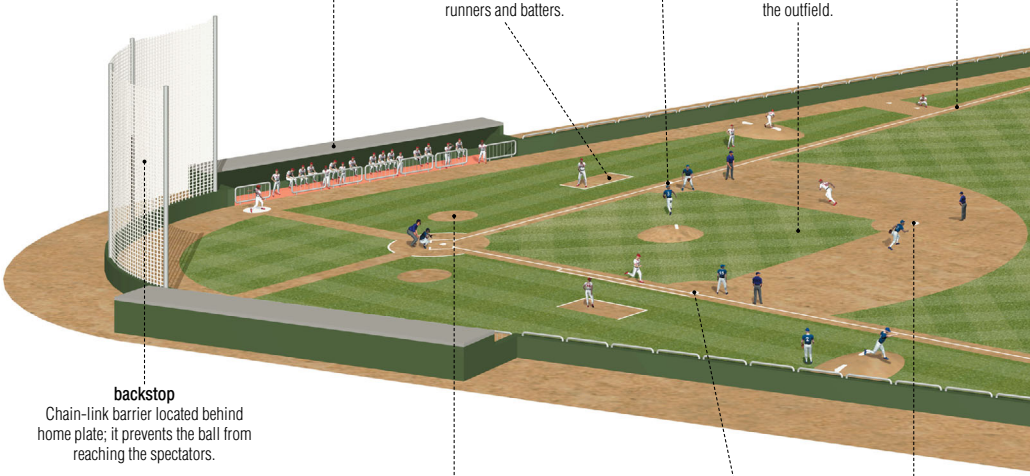
**third base**
Cushion attached to the ground that the player tries to reach after touching second base; if the player reaches home plate without being retired, one point is scored.

**foul line**
Two straight lines bordering the playing field; they run from home plate to the outfield fence.

**dugout**
Partially closed area for the coaches, manager, substitute players and the team at bat.

**coach's box**
Each of two areas reserved for base coaches who use signals to communicate strategy to runners and batters.

**infield**
Playing surface inside the perimeter marked by the three bases and home plate; it includes a dirt area bordering the outfield.

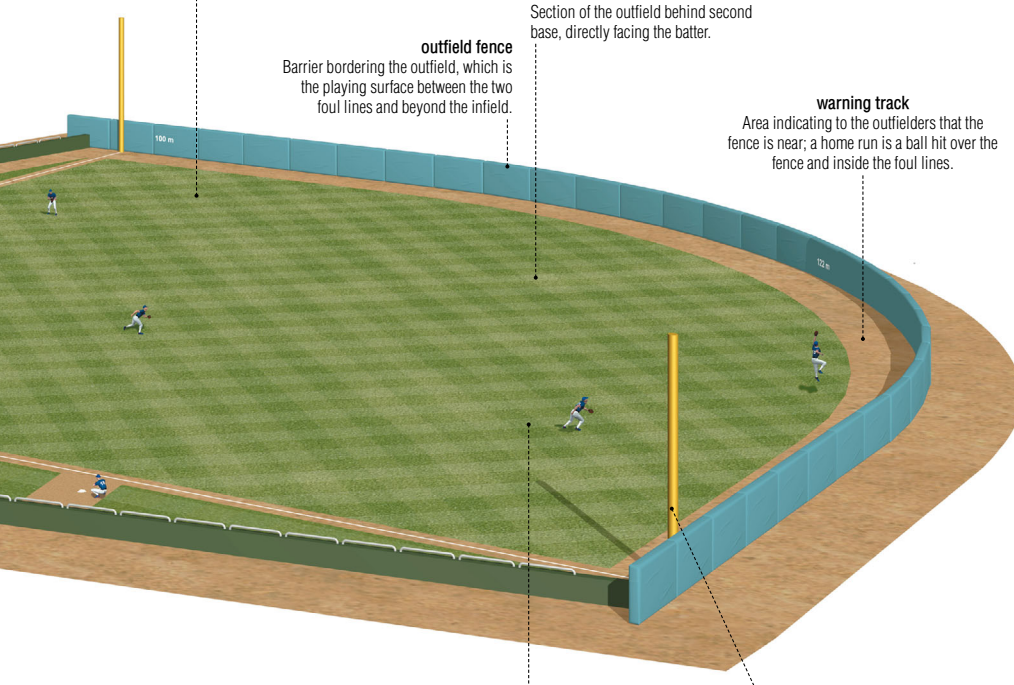


**backstop**
Chain-link barrier located behind home plate; it prevents the ball from reaching the spectators.

**on-deck circle**
Area reserved for the next batter; players on the team batting remain at bat until three outs have been recorded.

**first base**
Cushion attached to the ground that is the first base the batter reaches after hitting the ball; the player may stop there or move on to other bases.

**second base**
Cushion attached to the ground that the player tries to reach after touching first base, after the ball has been hit.




**left field**
Section of the outfield behind third base, or to the left of the batter.

**center field**
Section of the outfield behind second base, directly facing the batter.

**outfield fence**
Barrier bordering the outfield, which is the playing surface between the two foul lines and beyond the infield.

**warning track**
Area indicating to the outfielders that the fence is near; a home run is a ball hit over the fence and inside the foul lines.

**right field**
Section of the outfield behind first base, or to the right of the batter.

**foul line post**
Each of the vertical posts indicating the end of the foul lines; a ball hit outside the foul lines is called a foul ball.

# cricket

Sport with two opposing teams of 11 players who attempt to score points by hitting a ball with a bat and running between two wickets; teams alternate between offense (at the bat) and defense (in the field).

**field**
Oval surface covered with natural or synthetic grass on which a cricket match is played; it is made up of a pitch and a field.

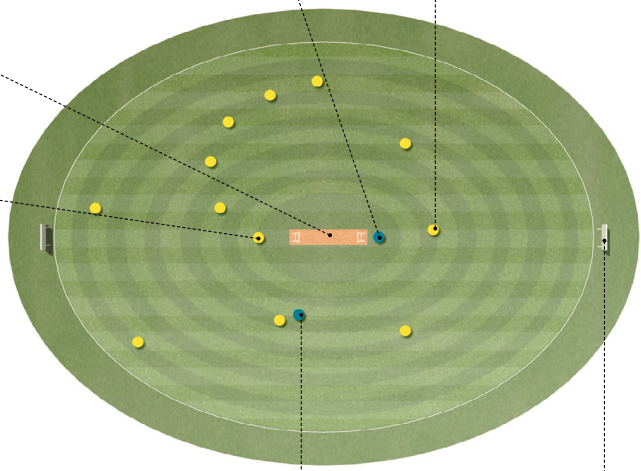
**umpire**
Official responsible for applying the rules of delivery; this umpire is positioned behind the bowler's wicket.

**bowler**
Player who throws the ball toward the batsman; the throw is made without bending the elbow and usually after running a few yards.

**pitch**
Rectangular surface in midfield where the bowler and the batsman face each other; it contains two wickets that are about 20 m apart.

**wicketkeeper**
Player positioned behind the batting wicket; the only defensive player who wears gloves, the wicketkeeper tries to catch balls missed by the batsman.

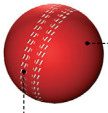
**fielders**
The team in the field, or the defending team, must catch the ball hit by the batsman and throw it toward one of the wickets to topple it.



**umpire**
Official who enforces the rules; positioned to the side of the batsman's wicket, this umpire signals when a batsman is retired or when there is an infraction.

**screen**
Rectangular surface behind each wicket; it minimizes distraction so that the batsman can follow the movement of the ball.

**cricket ball**
Hard ball with a circumference of 9 inches; it is made with a cork core, which is wound with thread and covered with leather.



**leather skin**
Outside layer of the ball made of pieces of red leather joined by stitching.

**seam**
Sewing that joins the leather cover; it traditionally uses white thread.

**bat**
Piece formed of a flat section connected to a rubber-covered handle that the batsman uses to hit the ball; its maximum length is 38 inches.

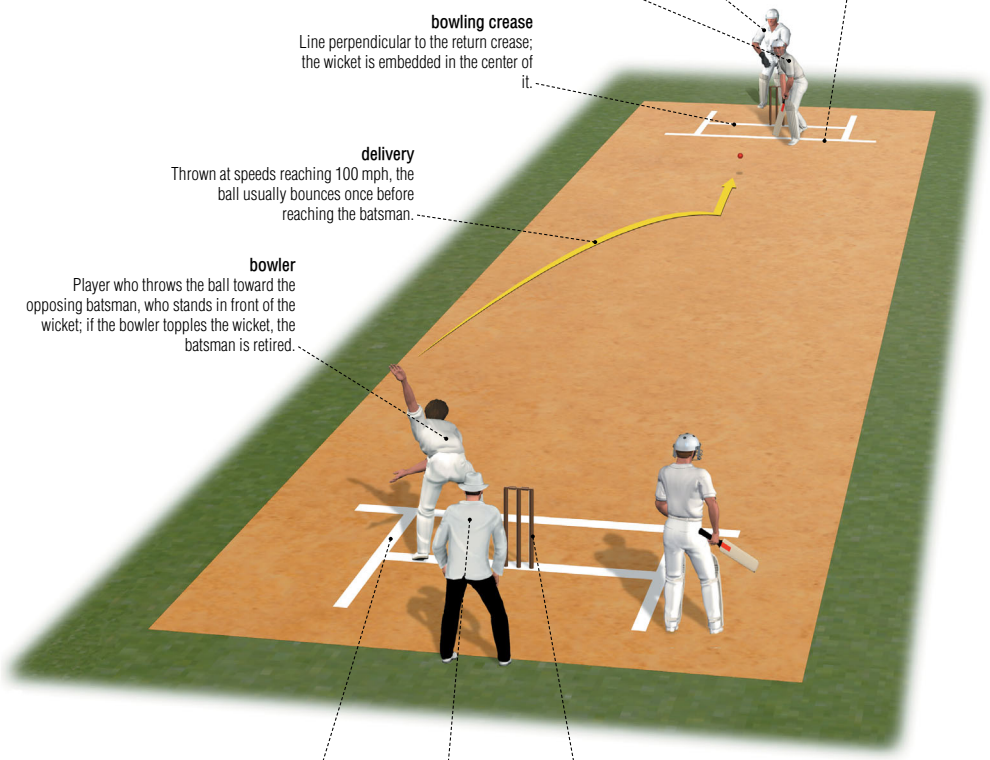
**pitch**
Rectangular surface in midfield where the bowler and the batsman face each other; it contains two wickets that are 20 m apart.

**wicketkeeper**
Player positioned behind the batting wicket; the only defensive player who wears gloves, the wicketkeeper tries to catch balls missed by the batsman.

**batsman**
Player who takes position to hit the ball and protect the wicket; each time the player runs between the two wickets before the ball arrives, one point is scored.

**popping crease**
Line drawn 4 feet from the wicket; at the end of a run, the batsman is safe after touching the ground behind this line with the bat or a part of the body.

**bowling crease**
Line perpendicular to the return crease; the wicket is embedded in the center of it.



**delivery**
Thrown at speeds reaching 100 mph, the ball usually bounces once before reaching the batsman.

**bowler**
Player who throws the ball toward the opposing batsman, who stands in front of the wicket; if the bowler topples the wicket, the batsman is retired.

**return crease**
The two lines on each side of wicket that demarcate the space in which the ball must be thrown or hit.

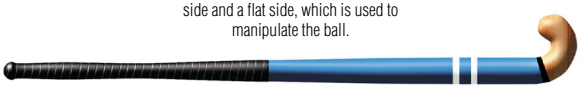
**umpire**
Official responsible for applying the rules of delivery; this umpire is positioned behind the bowler's wicket.

**wicket**
Piece made up of stumps with detachable bails; a defender can retire a batsman by toppling the wicket before the batsman completes the run between wickets.

# field hockey

Sport with two opposing teams of 11 players who attempt to score in the opponent's goal by hitting a ball with a stick.

**stick**
Wooden or composite stick with a rounded side and a flat side, which is used to manipulate the ball.



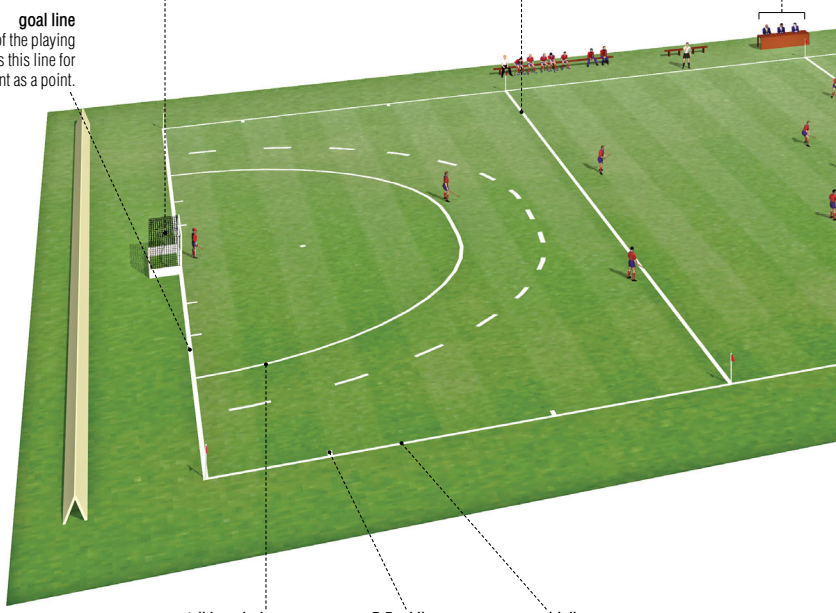
**hockey ball**
Hard plastic ball with a circumference of 9 in; its traditionally white surface is usually grooved.

**goal**
Cage made up of a net mounted on a frame; a goal is scored each time a team hits the ball into the opposing goal from inside the striking circle.

**25 yd line**
Line used to position the players when the ball is put back into play; positioning depends on whether the ball went out of play between the 25 yd lines or between one of them and the goal line.

**officials**
Individuals in charge of keeping time, recording player substitutions and filling out the score sheet.

**goal line**
Line marking the ends of the playing field; the ball must cross this line for the goal to count as a point.



**striking circle**
Semicircle located in front of the goal; a goal can only be scored when the attacker hits the ball inside the opponent's striking circle.

**5.5 yd line**
Line where the attacker puts the ball back into play if the defenders push it behind their own goal line.

**sideline**
Line marking the sides of the playing field; when the ball crosses this line, the opposing team puts it back into play at the same place.

**playing field**
Surface covered with natural or synthetic grass (60 yd x 100 yd) on which a field hockey game is played; a game is made up of two 35-minute periods.

**right wing**
Offensive position to the right of the center forward and near the sideline; this player's main role is to thwart opponents and score goals.

**right inside forward**
Position to the right of the center forward; a true playmaker, this player receives passes from the defenders or halfs and creates offensive chances.

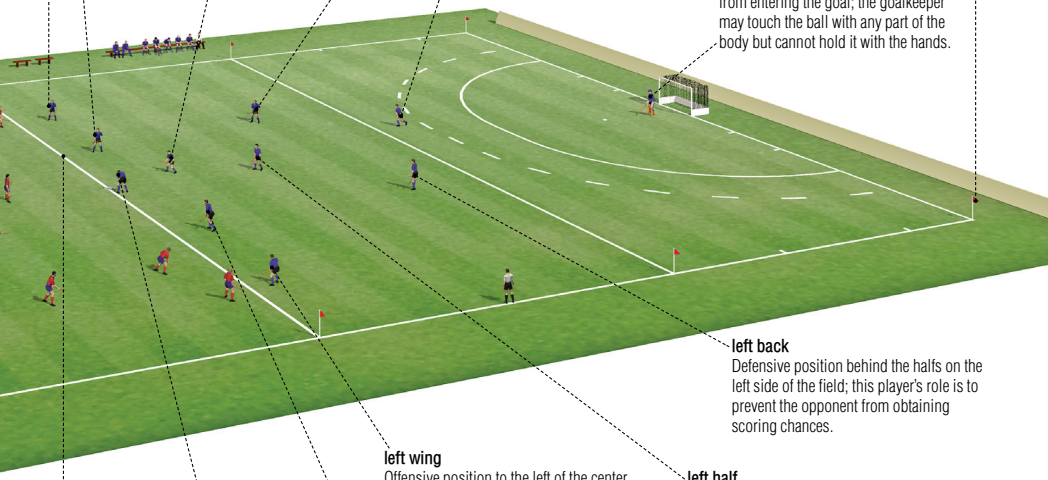
**right half**
Position to the right of the center half; this player tries to take the ball from the opponent and move it up to the wings or forwards.

**corner flag**
Small post with a flag on top; it marks the intersection of the goal line and the sideline.

**center half**
Key position behind the backs in the center of the field; this player receives the ball and passes it in any direction.

**right back**
Defensive position behind the halfs on the right side of the field; this player attempts to prevent the opponent from creating scoring chances.

**goalkeeper**
Player whose role is to prevent the ball from entering the goal; the goalkeeper may touch the ball with any part of the body but cannot hold it with the hands.



**left back**
Defensive position behind the halfs on the left side of the field; this player's role is to prevent the opponent from obtaining scoring chances.

**left wing**
Offensive position to the left of the center forward and near the sideline; this player's main role is to thwart opponents and score goals.

**left half**
Position to the left of the center half; this player's main role is to take the ball from the opponent and move it up to the wings or forwards.

**center forward**
Offensive position that covers the center of the field; this player's main role is to score goals by gaining position inside the opponent's striking circle.

**left inside forward**
Position to the left of the center forward; a true playmaker, this player receives passes from defenders or halfs and generates offensive chances.

**center line**
Line dividing the field into two zones, one for each team; face-offs are held on this line at the start of a period and after a goal is scored.

# rugby

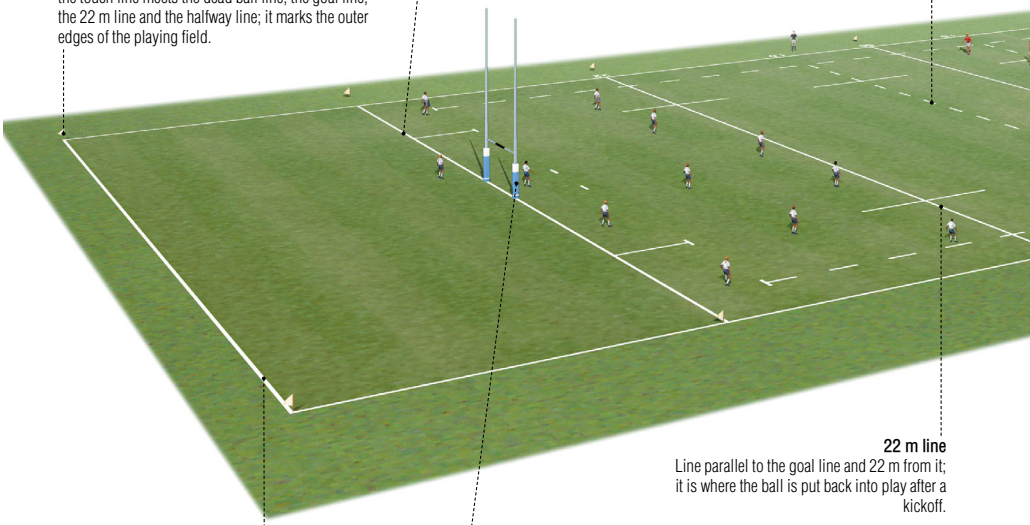
Sport with two opposing teams of 15 players that attempt to score points by carrying the ball into the in goal or kicking it between the uprights.

**field**
Rectangular surface covered with natural or synthetic grass on which a rugby game is played; a game consists of two 40-minute periods.

**flag**
Small post with a flag on top that is located where the touch line meets the dead ball line, the goal line, the 22 m line and the halfway line; it marks the outer edges of the playing field.

**goal line**
Line marking the start of the in-goal zone.

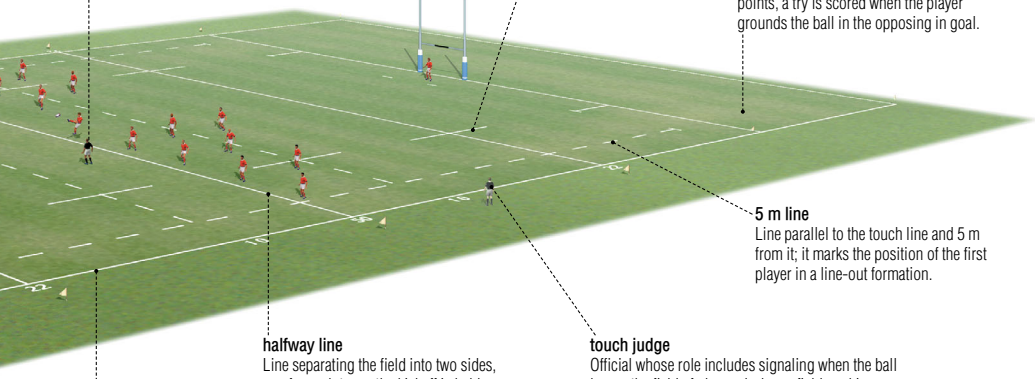
**10 m line**
Line parallel to the halfway line and 10 m from it; it marks the minimum distance the ball must travel during the kickoff.



**22 m line**
Line parallel to the goal line and 22 m from it; it is where the ball is put back into play after a kickoff.

**dead ball line**
Line marking the end of the in-goal zone.

**goal**
Frame consisting of two uprights and a crossbar; a team scores points by kicking the ball between the uprights.



**referee**
Official responsible for applying the rules; this individual keeps track of time, signals infractions and can expel a player from a game.

**15 m line**
Line parallel to the touch line and 15 m from it; a player is not allowed to stand behind this line during a line-out.

**in goal**
Zone in which a try is scored; worth five points, a try is scored when the player grounds the ball in the opposing in goal.

**5 m line**
Line parallel to the touch line and 5 m from it; it marks the position of the first player in a line-out formation.

**halfway line**
Line separating the field into two sides, one for each team; the kickoff is held on the halfway line.

**touch judge**
Official whose role includes signaling when the ball leaves the field of play and when a field goal is scored (the ball passes between the goals posts and over the crossbar).

**touch line**
Line along the sides of the playing field; when the ball crosses this line, it is thrown back into play by a line-out.

**rugby ball**
Inflatable egg-shaped ball made of leather or synthetic material; meant to be manipulated with the hands or the feet, it is carried, passed laterally and kicked.

# American football

Sport with two opposing teams of 11 players who attempt to score points by moving the ball into the end zone or kicking it between the goalposts.

**playing field for American football**
Rectangular surface (53.3 x 120 yards) covered with natural or synthetic grass on which a football game is played; a game consists of four 15-minute quarters.

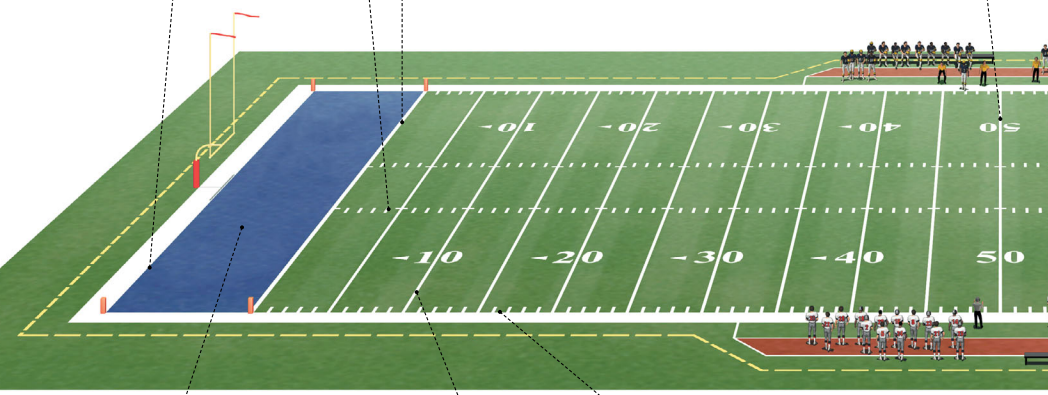
**football**
Inflatable oval leather ball that is smaller than a rugby ball; it has laces that provide a grip on the ball.

**inbounds line**
The broken lines marking off yards; the lines and inbounds lines mark the line of scrimmage when play resumes.

**end line**
Line marking the far extremity of the end zone; the white area behind the goal is not part of the playing field.

**goal line**
Line marking the start of the end zone.

**fifty-yard line**
Line dividing the field into two zones, one for each team; it is 50 yards from the goal lines.



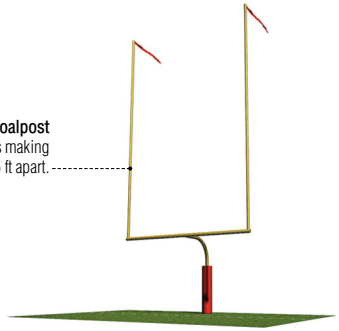

**end zone**
Zone in which a touchdown (six points) is scored when a player crosses it in possession of the ball.

**yard line**
The solid lines at five-yard intervals that mark the distance from the goal line; at the start of a game, the ball is kicked off from the thirty-yard line.

**sideline**
Line demarcating the sides of the playing field; the play is whistled dead when the ball or a player in possession of the ball crosses it.

**goal**
Frame consisting of two goalposts and a crossbar; a team scores points by kicking the ball between the goalposts.

**goalpost**
One of the two vertical pieces making up the goal; they are 18.5 ft apart.

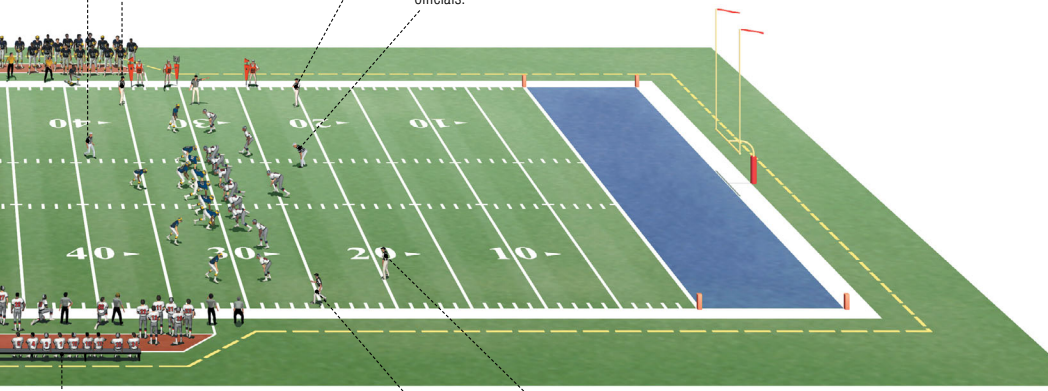


**back judge**
Official who tracks the number of players on defense, follows the receivers and monitors the time elapsed between plays.

**side judge**
Official whose main role is to signal when a player crosses the sideline in possession of the ball.

**line judge**
Official whose role includes timekeeping, signaling stoppages in play and officiating during kickoffs and punts.

**referee**
Official responsible for applying the rules; this individual ensures that the game is properly played and supervises the work of the other officials.




**players' bench**
Area for substitute players and coaches; a team's players are divided into three units: offense, defense and special teams.

**umpire**
Official in charge of checking player equipment and signaling infractions near the line of scrimmage.

**head linesman**
Official who signals stoppages in play and indicates exactly where to position the ball after it leaves the field of play.

# American football

**scrimmage: defense**
The defense tries to prevent the opponent's movement toward the end zone by stopping runs and passes.

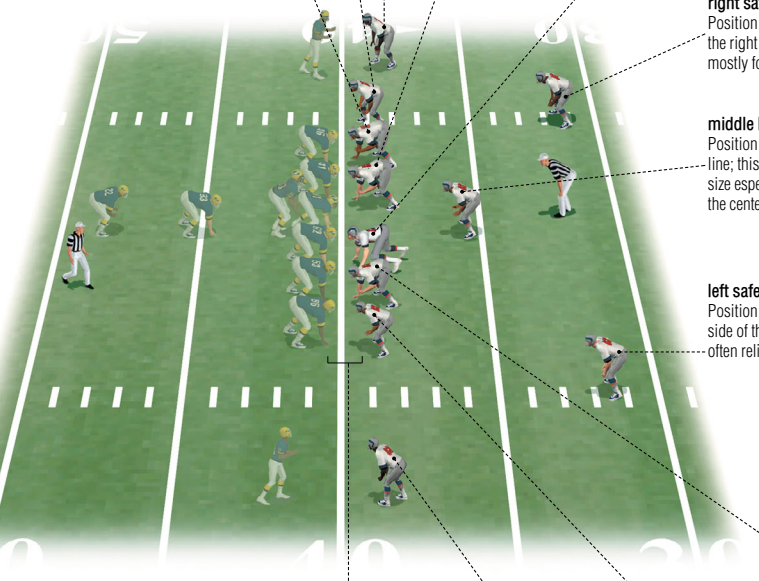
**right cornerback**
Position at the far right of the main defensive line; this player is very fast and covers the opposing team's wide receiver.

**outside linebacker**
Position near or behind the main defensive line on the right side of the field; agile and versatile, this player is effective against running and passing plays.

**right defensive tackle**
Position to the right of the middle linebacker; powerful and tough, this player is especially effective at stopping running plays.

**right defensive end**
Position to the right of the right defensive tackle; this player pressures the quarterback and tries to stop outside runs.

**left defensive tackle**
Position to the left of the middle linebacker; powerful and tough, this player is especially effective at stopping running plays.



**right safety**
Position behind the main defensive line on the right side of the field; this player is used mostly for the ability to cover passes.

**middle linebacker**
Position behind the main defensive line; this player combines speed and size especially to stop running plays in the center of the field.

**left safety**
Position behind the main defensive line on the left side of the field; an excellent tackler, this player is often relied on to stop running plays.

**left defensive end**
Position on the outside of the left defensive tackle; this player pressures the quarterback and tries to stop the outside run.

**neutral zone**
Gap the equivalent of one ball length, it separates the offense and defense on the line of scrimmage and cannot be crossed before the snap.

**left cornerback**
Position at the far left of the main defensive line; this player is very fast and usually covers the opposing team's wide receiver.

**inside linebacker**
Position near or behind the main defensive line on the left side of the field; agile and versatile, this player is effective against passing and running plays.

**scrimmage: offense**
The offense or team with ball possession has four downs to gain 10 yards. If it succeeds, it is given another four downs; if not, the ball is turned over to the other team by means of a punt.

**center**
Position at the center of the offensive line; this player puts the ball in play by snapping it to the quarterback.

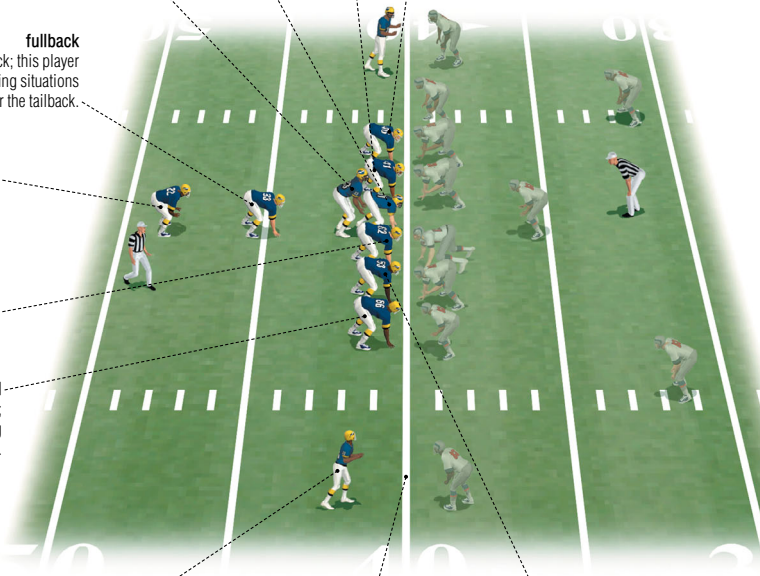
**left guard**
Position to the left of the center; this player has a blocking role on passing and running plays.

**quarterback**
Position behind the center; the offensive leader, this player gathers teammates together between downs and communicates tactics.

**left tackle**
Position on the outside of the left guard; this player blocks the opposing defense and especially protects the quarterback in passing situations.

**fullback**
Position behind the quarterback; this player protects the quarterback in passing situations and blocks for the tailback.

**tailback**
Position behind the fullback; this fast player often carries the ball (running play).



**right guard**
Position to the right of the center; this player has a blocking role in passing and running situations.

**tight end**
Position on the outside of the tackle; this versatile player blocks opposing players and catches passes.

**wide receiver**
Two positions at the far end of the offensive line; they use speed and agility to separate themselves from the defense and catch passes.

**line of scrimmage**
Imaginary line along which the offense and defense face one another before the ball is snapped.

**right tackle**
Position on the outside of the right guard; this player blocks the opposing defense and protects the quarterback in passing situations.

# basketball

Sport with two opposing teams of five players who score points by throwing a ball into the opposing team's basket.

**court**
Hard rectangular surface (50 ft x 94 ft) on which a basketball game is played.

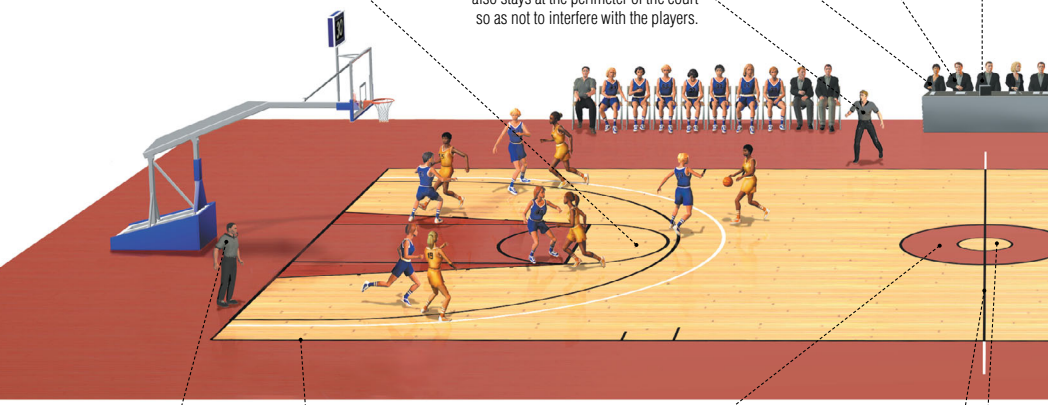
**scorer**
Official who records points and fouls committed by the players.

**timekeeper**
Official who keeps time; this individual stops the clock when play stops and starts it again when play resumes.

**clock operator**
Official who keeps track of a team's possession time (maximum 30 seconds before a shot is made).

**semicircle**
Semicircular zone where the player takes position to make a free throw, which is worth one point.

**referee**
Official who assists the first referee and also stays at the perimeter of the court so as not to interfere with the players.



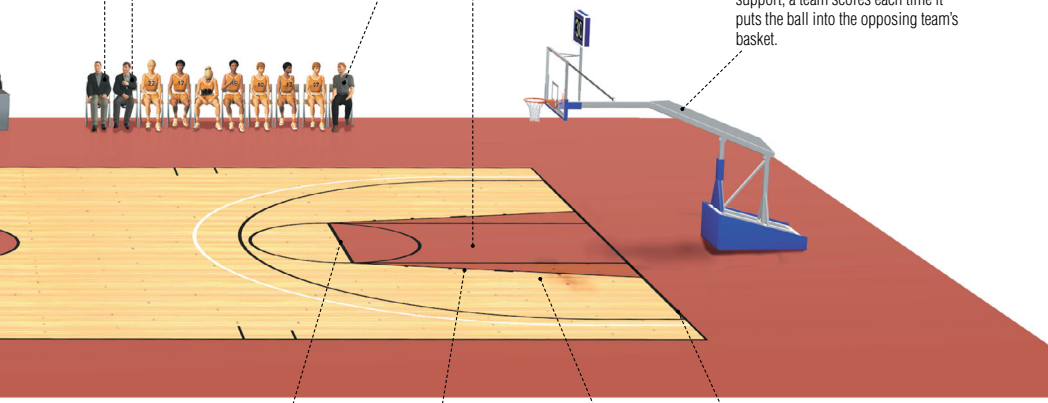
**referee**
Official responsible for applying the rules; this individual does tip-offs and signals fouls.

**restricting circle**
Circle around the center circle; players not taking part in the tip-off must be outside this circle.

**center line**
Line dividing the court into two halves, one for each team; the team with ball possession has 10 seconds to carry it into the opposing team's zone.

**sideline**
Line along the sides of the court; when the ball crosses this line, it is put back into play at the same place.

**center circle**
Circle at center court used for tip-offs at the start of a half and after a goal; a tip-off is when two players jump for the ball and try to push it toward their teammates.



**coach**
The team's leader; the coach plots strategy and decides who plays in different situations.

**assistant coach**
Person who assists the coach and can replace the coach if needed.

**trainer**
Individual who treats injured players.

**restricted area**
A trapezoidal area between the end line and the free throw line; an attacking player is not allowed to stay in it for more than three seconds.

**backstop**
Structure made up of a basket and its support; a team scores each time it puts the ball into the opposing team's basket.

**free throw line**
Line parallel to the end line; the shooter stands behind it for a free throw (throw awarded after a foul).

**second space**
Space along the restricted area near the free throw line; one of the shooter's teammates is in this space when there is a free throw.

**first space**
Space along the restricted area near the end line; one of the opposing players is in this space when there is a free throw.

**end line**
Line marking the ends of the court; when the ball crosses this line, one team puts it back into play at the same place.

# netball

Sport played mainly by women with two opposing teams of seven players; teams score points by throwing a ball into the opponent's basket.

**court**
Hard rectangular surface (50 ft x 100 ft) on which a netball game is played; a game consists of four 15-minute periods.

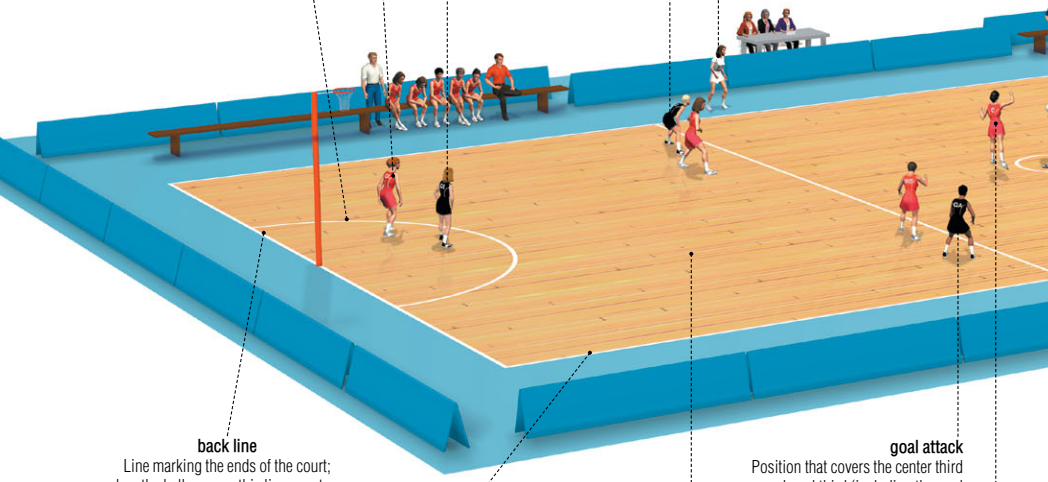
**goal shooter**
Position always in the goal third or goal circle; this player's role is to break away from the goalkeeper, catch passes and shoot on goal.

**goalkeeper**
Position that defends the team's goal third; this player's role is to prevent the opposing shooter from gaining possession of the ball.

**wing attack**
Position that covers the center and goal thirds (except the goal circle); this player uses speed and agility to pass the ball to the shooter or the goal attack.

**goal circle**
Semicircular zone in front of the goal; shots can only be taken from this zone and only by a goal attack or goal shooter.

**umpire**
One of two officials responsible for applying the rules; this individual's role includes signaling infractions and when the ball leaves the court.



**back line**
Line marking the ends of the court; when the ball crosses this line, one team puts it back into play at the same place.

**goal attack**
Position that covers the center third and goal third (including the goal circle); this player is one of two allowed to shoot on goal.

**sideline**
Line along the sides of the playing field; when the ball crosses this line, it is put back into play at the same place.

**defense third**
Area between the back line and the center third; attacks and the shooter are not allowed to enter their team's defense third.

**center**
Position that covers the entire court except the goal circles; this player is the link between the team's offense and defense thirds.

**goal**
Structure made up of a basket and its supporting goalpost; a team scores each time it puts the ball into the opposing team's basket.

**ring**
Circular piece on which the netting is mounted; it is 15 in in diameter.

**goalpost**
Vertical post 10 ft high that supports the basket; it is attached to the floor in the middle of the back line.

**goal defense**
Position that moves in the center and defense thirds (including the goal circle); one of this player's roles is to defend against the goal attack.

**goal third**
Area between the back line and the center third; defenders and the goalkeeper are not allowed to enter their team's goal third.

**wing defense**
Position that covers the center third and defense third (except the goal circle); this player defends against the opposing team's wing attack.

**center third**
Area at the center of the court between the two white lines; the goalkeepers and goal shooters are not allowed to enter this area.

**central circle**
Circular zone in the center of the court; at the start of a game and after a goal, the center on one of the teams puts the ball into play from this point.

**netball**
Inflated ball usually made of leather and with a circumference of 28 in; players are not allowed to carry the ball or hold on to it for more than three seconds.

# volleyball

Sport with two opposing teams of six players who try to ground the ball in the opposing zone by hitting it over the net with their hands.

**court**
Hard rectangular surface (30 ft x 60 ft) on which a volleyball game is played; the first team to win three sets wins the game.

**umpire**
Official who signals net faults or faults committed on the attack line and advises the referee when required.

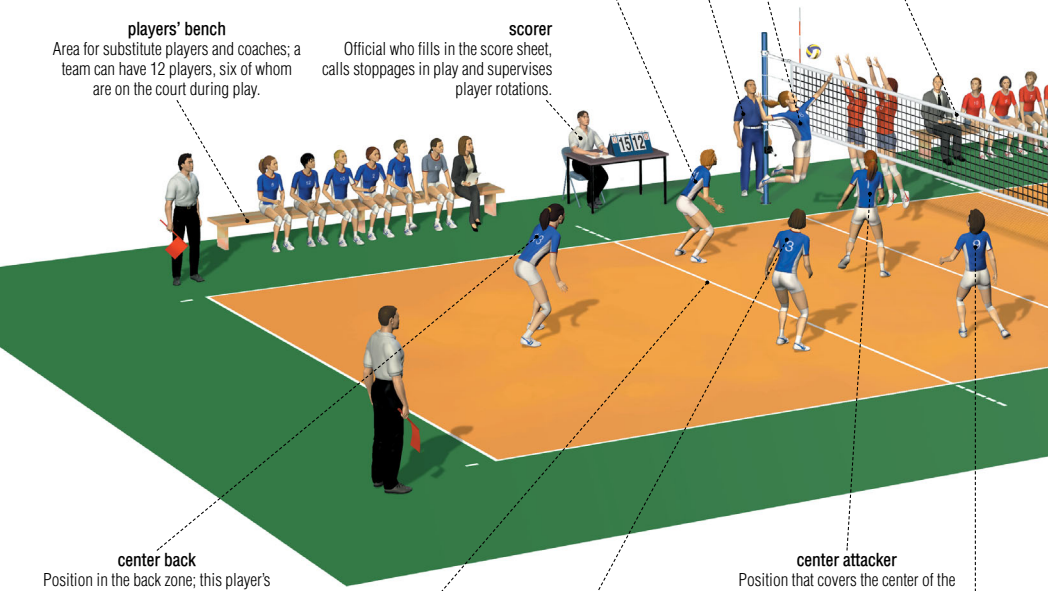
**left attacker**
Position to the left of the attack zone; this player's main role is making attack hits to score points.

**left back**
Position on the left side of the back zone; this player's main role is making digs on short balls.

**white tape**
Strip of tape with a cable passing through it; it is attached to posts to suspend the net.

**players' bench**
Area for substitute players and coaches; a team can have 12 players, six of whom are on the court during play.

**scorer**
Official who fills in the score sheet, calls stoppages in play and supervises player rotations.




**center back**
Position in the back zone; this player's main role is to recover long balls and blocked balls.

**right back**
Position on the right side of the back zone; this player's main role is making digs on short balls.

**center attacker**
Position that covers the center of the attack zone; this player's main role is to counter the opponent's attacks.

**attack line**
Line 10 ft from the net; the backs must make attack hits from behind this line.

**right attacker**
Position to the right of the attack zone; this player's main role is making attack hits to score points.

**antenna**
Flexible rods at each end of the net; they mark off the net area and the ball must stay inside them to remain in play.

**end line**
Line demarcating the ends of the court; the right back takes position behind this line to deliver a serve.

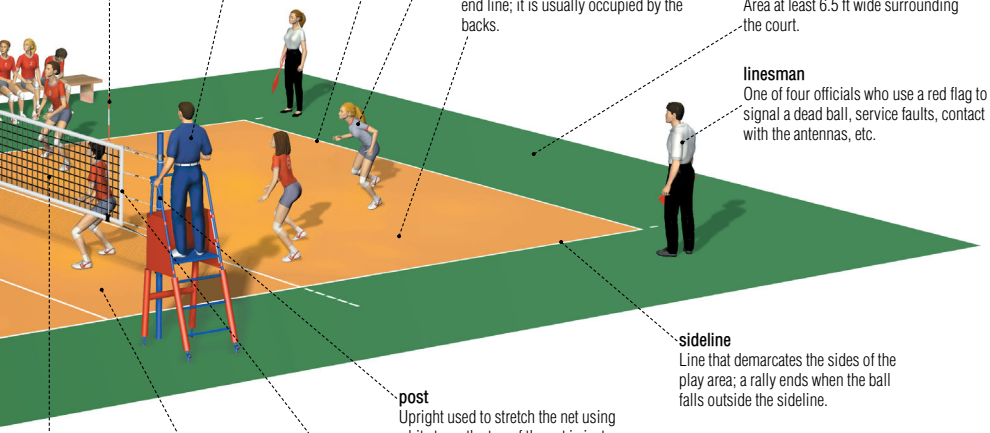
**referee**
Official responsible for applying the rules; this individual follows the game from a raised platform set up at one end of the net.

**libero**
Position specialized in receiving serves; this player only plays back while other teammates change positions during the course of a game.

**back zone**
Area between the attack line and the end line; it is usually occupied by the backs.

**clear space**
Area at least 6.5 ft wide surrounding the court.

**linesman**
One of four officials who use a red flag to signal a dead ball, service faults, contact with the antennas, etc.



**sideline**
Line that demarcates the sides of the play area; a rally ends when the ball falls outside the sideline.

**post**
Upright used to stretch the net using white tape; the top of the net is just over 2 m above floor level.

**attack zone**
Area between the net and the attack line; it is usually occupied by the attackers.

**vertical side band**
Vertical strip of white canvas at the ends of the net.

**net**
Loosely stitched divider stretched across the middle of the court; players must hit the ball over it.

**volleyball**
Inflated ball covered with soft leather and with a circumference of about 26 in; it must always be hit and cannot be held or thrown.

# handball

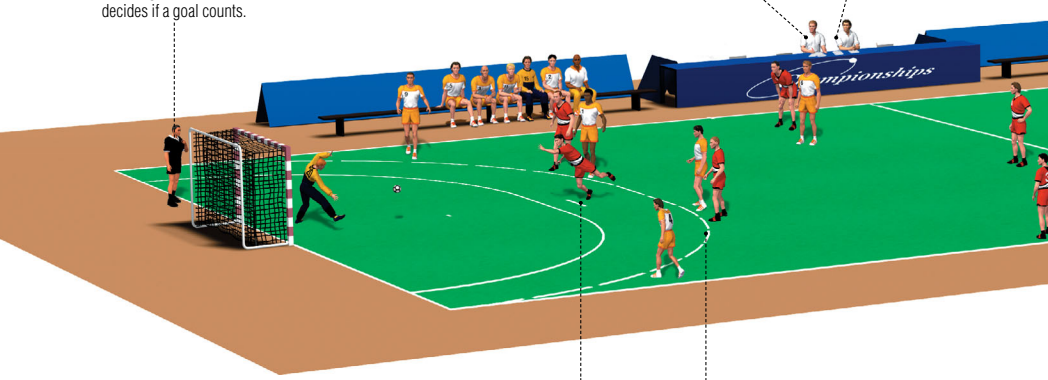
Sport with two opposing teams of seven players who try to score points by throwing the ball into the opposing team's net.

**court**
Hard rectangular surface (20 m x 40 m) on which a handball game is played; a game is made up of two 30-minute periods with a 10-minute break between them.

**timekeeper**
Official in charge of timekeeping.

**scorekeeper**
Official in charge of timing the game and suspensions and substitute player changes.

**goal line referee**
Official responsible for applying the rules; positioned near the goal line, this individual signals infractions and decides if a goal counts.



**penalty mark**
Line parallel to the goal line and 7 m from it; a 7 m free throw (a shot awarded after a penalty) is taken from behind this line.

**free throw line**
Arc drawn 9 m from the goal; during a 7 m free throw, all players except the shooter must be outside the zone demarcated by this line.

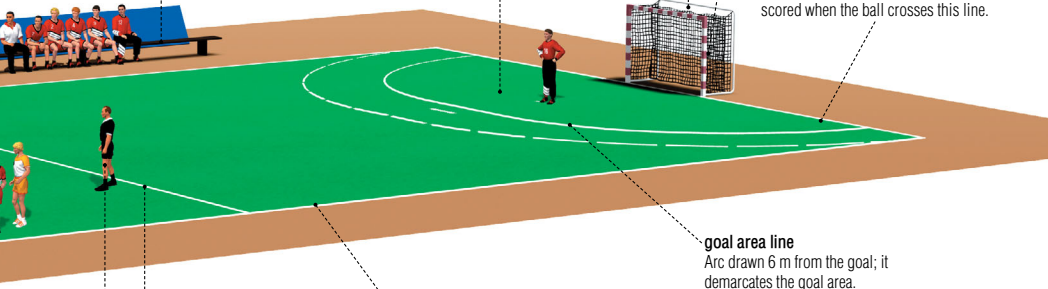
**goal**
Cage made up of a net mounted on a frame; a team scores a point each time it succeeds in placing the ball in the opposing goal.

**net**
Loosely stitched netting attached to the back of the post; it keeps the ball inside the goal.

**players' bench**
Area for substitute players and coaches; a team can have up to 12 players, seven of whom are on the court at one time.

**goal area**
Semicircular zone reserved for the goalkeeper; a player with ball possession may jump above this area when taking a shot.

**goal line**
Line at the ends of the court that demarcates the play area; a goal is scored when the ball crosses this line.



**goal area line**
Arc drawn 6 m from the goal; it demarcates the goal area.

**center line**
Line dividing the court into two zones, one for each team; throw-offs are held on this line at the start of a period and after a goal.

**sideline**
Line along the sides of the court; when the ball crosses this line, it is put back into play at the same place.

**court referee**
Official responsible for applying the rules; positioned in the center of the court, this individual mainly signals player infractions.

**handball**
Inflated ball usually covered with leather; it has a circumference of 21 in (women) to 24 in (men) and can be thrown, hit with the fist or dribbled.

# table tennis

Sport with two or four opposing players with paddles; they hit a ball onto opposite sides of a net dividing a table in half.

**table**
Rectangular wooden table (9 ft x 5 ft) that is 2.5 ft above the ground; it is divided in half by a net.

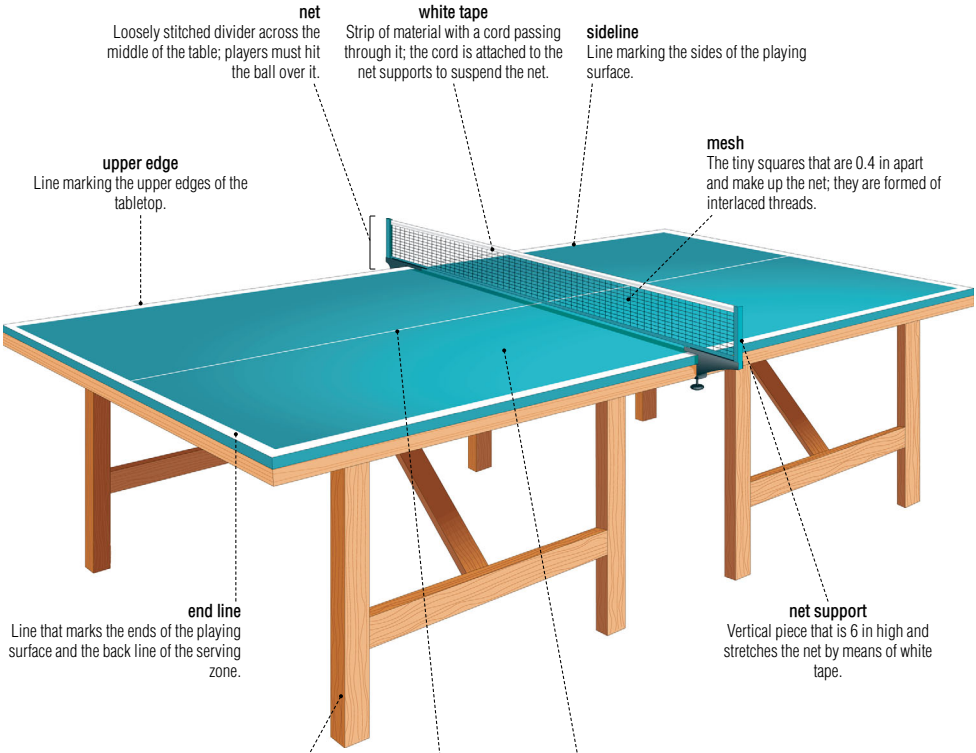
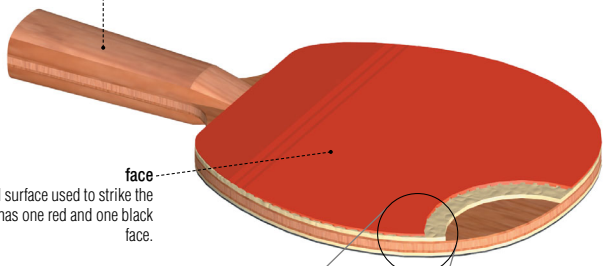


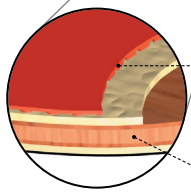
**table tennis paddle**
Paddle used to strike the ball; paddles come in a variety of shapes, sizes and weights.

**handle**
Elongated part that the player grips to control the paddle.



**face**
Rubber-covered surface used to strike the ball; the paddle has one red and one black face.

**table tennis ball**
Ball made of celluloid or similar material; it is 1.6 in in diameter and weighs 0.09 oz.

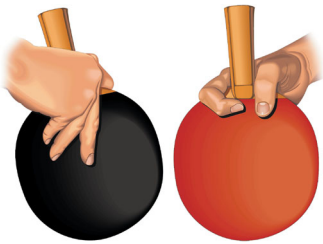


**covering**
Layer of rubber no more than .25 in thick that covers the faces of the blade.

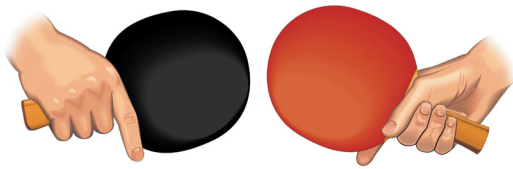
**blade**
Hard flat portion containing at least 85% natural wood.

## types of grips

There are two principal paddle grips.



**penholder grip**
Asian grip that is suited to offensive play although it weakens the backhand: the table tennis player uses only one paddle face.

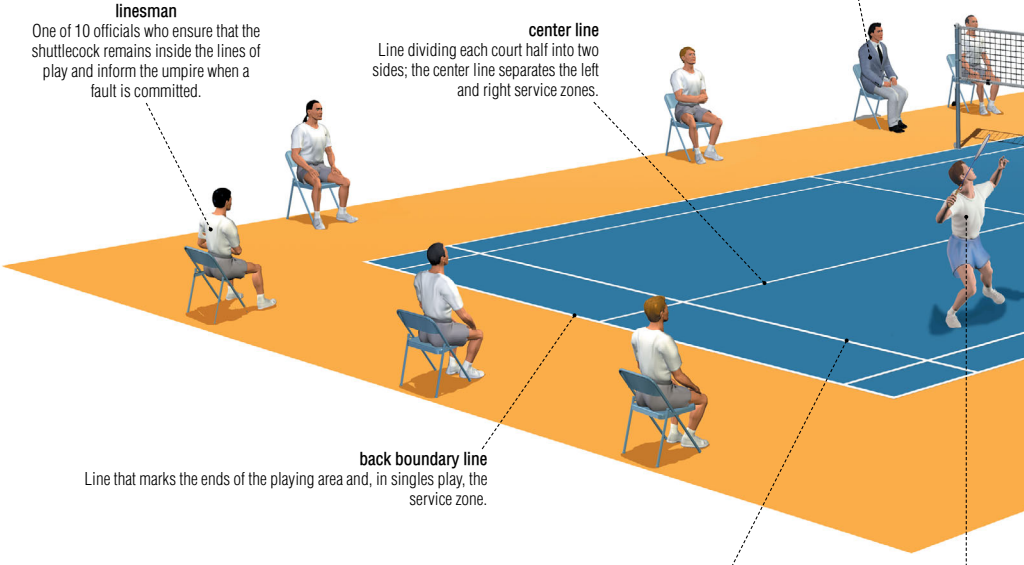


**shake-hands grip**
The most common grip; both paddle faces can be used and the player can hit forehand and backhand.

# badminton

Sport with two or four opposing players that is similar to tennis; players use rackets to hit a shuttlecock onto opposite sides of a net that divides a court in half.

**court**
Synthetic or hardwood surface that is designed to provide good traction; badminton is usually played indoors.



**service judge**
Official who monitors the execution of the serve (player position, arrival of the shuttlecock in the appropriate zone, etc.).

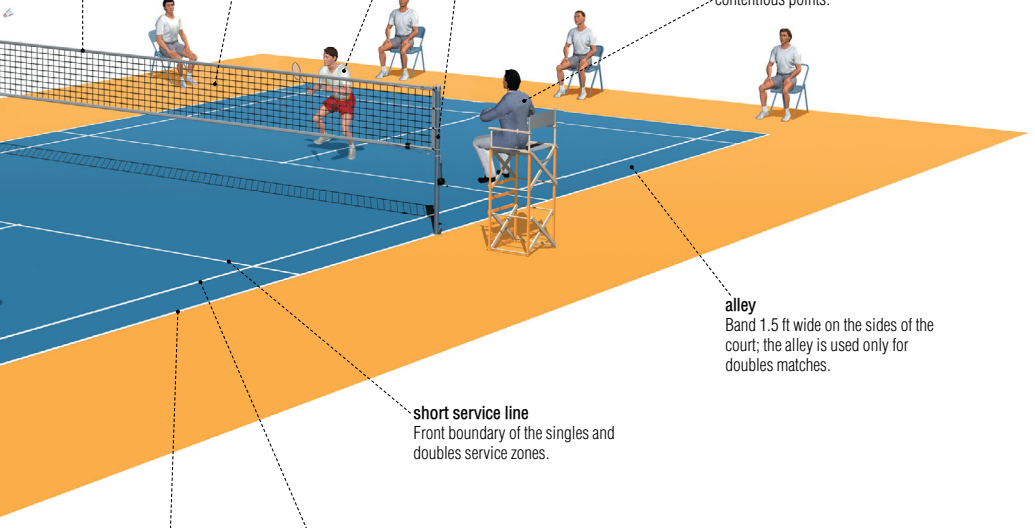
**linesman**
One of 10 officials who ensure that the shuttlecock remains inside the lines of play and inform the umpire when a fault is committed.

**center line**
Line dividing each court half into two sides; the center line separates the left and right service zones.

**back boundary line**
Line that marks the ends of the playing area and, in singles play, the service zone.

**long service line**
Line that marks the back of the service zone for doubles matches.

**server**
Player who puts the shuttlecock into play; the server and receiver stand diagonally opposite each other.



**white tape**
Strip of tape with a cord passing through it; it is attached to posts to suspend the net.

**net**
Loosely stitched divider stretched across the middle of the court at a height of 5 ft; players must hit the shuttlecock over it.

**receiver**
Player who receives the shuttlecock put into play by the server.

**post**
Vertical bar used to stretch the net by means of white tape.

**umpire**
Official responsible for applying the rules; the umpire ensures that the match runs smoothly and rules on contentious points.

**alley**
Band 1.5 ft wide on the sides of the court; the alley is used only for doubles matches.

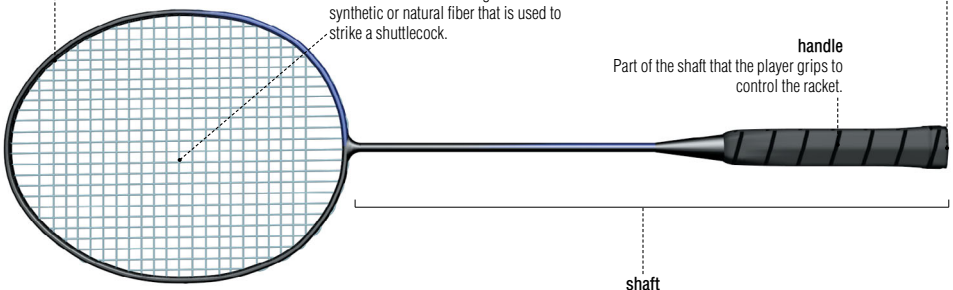
**short service line**
Front boundary of the singles and doubles service zones.

**doubles sideline**
Line that marks the sides of the playing area for doubles matches (two teams of two players).

**singles sideline**
Line that marks the sides of the playing area for singles matches (two players).

# badminton

**badminton racket**
The racket used to strike the shuttlecock is lighter (about 3 oz) and narrower than a tennis racket; its head is about 9 in long and 11 in wide.




**feathered shuttlecock**
Small piece of cork with 14 to 16 feathers; it is used in competitions.

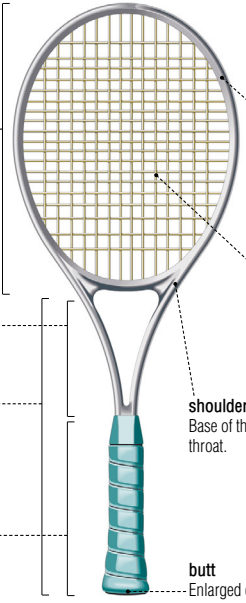
**feather crown**
Feathers or synthetic materials attached to the shuttlecock tip to stabilize it and make it aerodynamic.

**cork tip**
The rounded base of the shuttlecock; it can also be made of synthetic materials.

**synthetic shuttlecock**
Small plastic cone that is sturdier than the feathered shuttlecock and is usually used for training; it weighs about 0.2 oz, the same as the feathered shuttlecock.

# tennis

Sport with two or four opposing players with rackets who hit a ball onto opposite sides of a net dividing a court in half.



**tennis racket**
Racket with an oval head that is used to strike the ball; it usually weighs between 8 and 12 oz and is about 29 in long.

**head**
Oval part of the racket, including the frame and the stringing.

**frame**
Racket frame to which the stringing is attached.

**stringing**
Synthetic or natural cords strung together to form a surface used to strike the ball.

**throat**
Part joining the handle to the racket head.

**shaft**
Elongated part of the racket that ends in the head.

**shoulder**
Base of the racket head joining it to the throat.

**handle**
Part that the player grips to control the racket.

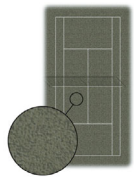
**butt**
Enlarged end of the shaft that prevents the hand from slipping off the handle.

**tennis ball**
Rubber ball that weighs about 2 oz and is filled with compressed air; it is covered with felt to make it more adherent.

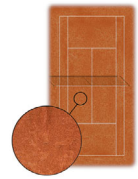
## playing surfaces

Tennis is played on various indoor and outdoor surfaces; playing strategies are adapted to the court surface.

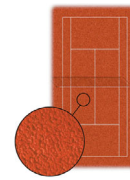
**grass**
Extremely fast playing surface that favors a serve-and-volley game; grass surfaces are increasingly rare due to high maintenance costs.



**hard surface (cement)**
Surface given to fast bounces; hard surfaces quickly wear out shoes and balls.



**clay**
Slow and comfortable surface given to long rallies; clay courts require regular but low-cost maintenance.



**synthetic surface**
Soft elastic surface that offers excellent bounce and reduces the risk of injury.

# tennis

**court**
Rectangular surface (78 ft x 27 ft for singles, 78 ft x 36 ft for doubles) designed for playing tennis; it is divided in half by a net.

**pole**
Vertical pole that stretches the net by means of a net band, keeping it 3.5 ft above the court.

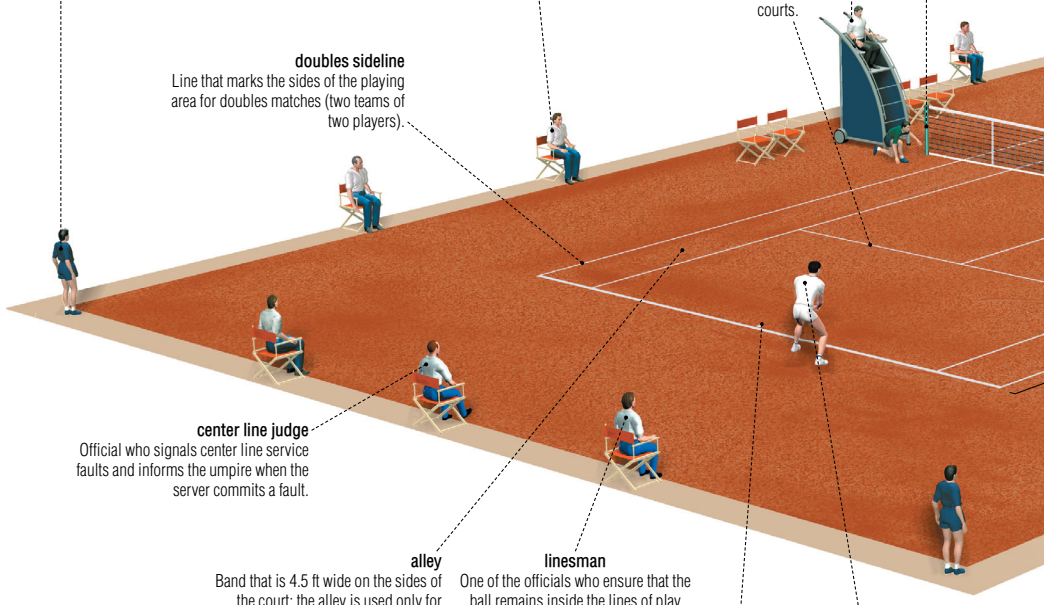
**umpire**
Official responsible for applying the rules; the umpire ensures that the match runs smoothly and rules on contentious points.

**service judge**
Official who signals service line faults and informs the umpire when the server commits a fault.

**service line**
Line on each side of the net and parallel to it at a distance of 21 ft; it marks the back boundary of the service courts.

**ball boy**
Person who retrieves balls from the court after each rally in a tournament.

**doubles sideline**
Line that marks the sides of the playing area for doubles matches (two teams of two players).



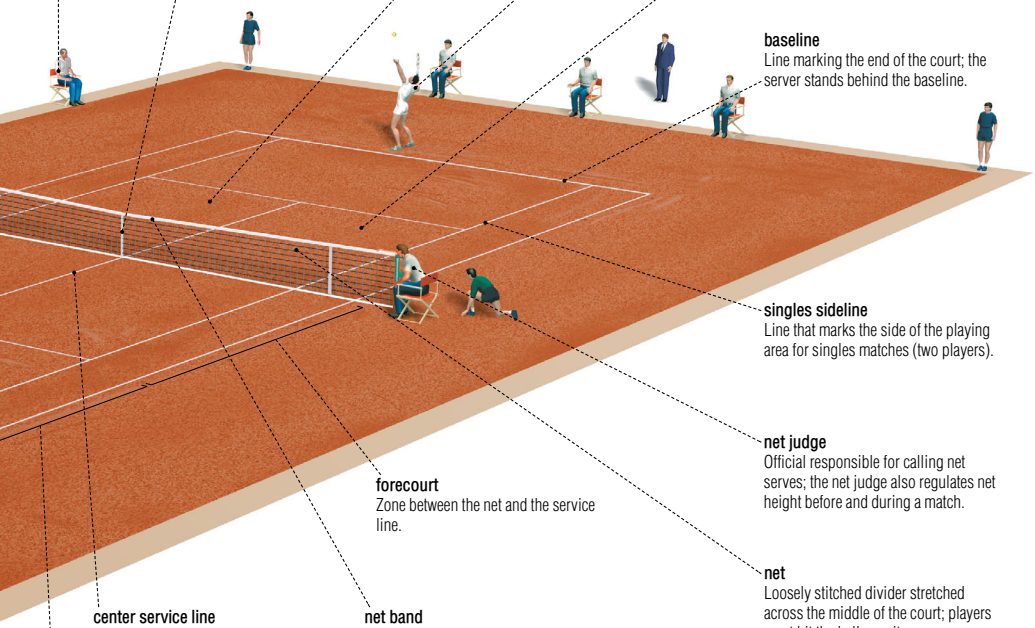
**center line judge**
Official who signals center line service faults and informs the umpire when the server commits a fault.

**alley**
Band that is 4.5 ft wide on the sides of the court; the alley is used only for doubles matches.

**linesman**
One of the officials who ensure that the ball remains inside the lines of play and inform the umpire when a player commits a fault.

**center mark**
Broken line marking the middle of the baseline; players use the center mark to take position for serving or receiving.

**receiver**
Player who returns the ball put into play by the server.



**foot fault judge**
Official responsible for signaling foot faults, which occur when the server steps on the baseline.

**server**
Player who puts the ball into play; the server and receiver must stand in diagonally opposite zones.

**center strap**
Strip of fabric connected to the ground in the center of the net; it keeps the net at regulation height (3 ft).

**right service court**
Zone in which the serve must bounce; it is diagonally opposite the server.

**left service court**
Zone in which the serve must bounce; it is diagonally opposite the server.

**baseline**
Line marking the end of the court; the server stands behind the baseline.

**singles sideline**
Line that marks the side of the playing area for singles matches (two players).

**net judge**
Official responsible for calling net serves; the net judge also regulates net height before and during a match.

**forecourt**
Zone between the net and the service line.

**net**
Loosely stitched divider stretched across the middle of the court; players must hit the ball over it.

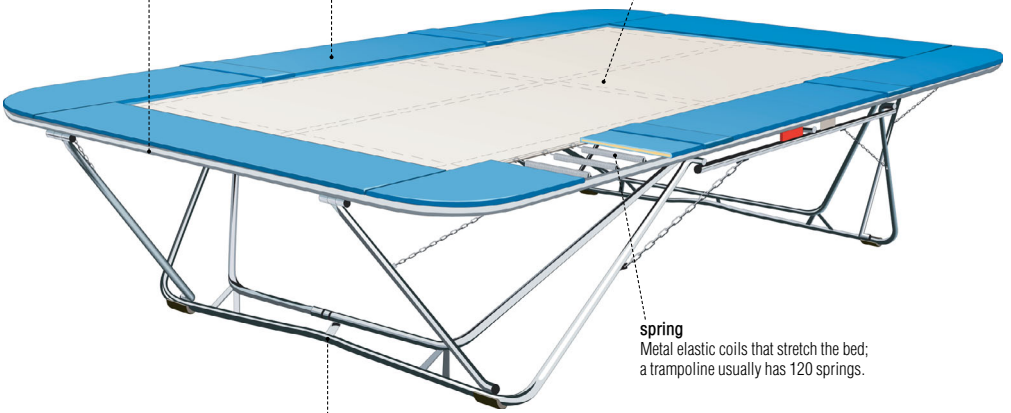
**center service line**
Line dividing each forecourt in half.

**net band**
Strip of fabric with a cable passing through it; it is attached to poles to suspend the net.

**backcourt**
Zone between the service line and the baseline.

# trampoline

Apparatus made up of a bed stretched by springs; the gymnasts perform acrobatic freestyle by jumping and bouncing on it.



**frame**
Metal body supporting the bed by means of springs; for competitions, the frame is 3.7 ft above the floor.

**safety pad**
Cushioned mat covering the frame to prevent injuries to the gymnast.

**bed**
Canvas that is usually made of nylon; the gymnast bounces and performs acrobatic freestyle on it.

**spring**
Metal elastic coils that stretch the bed; a trampoline usually has 120 springs.

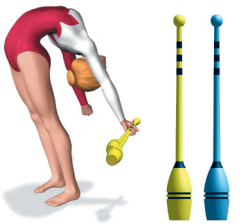
**leg**
Metal structure supporting the trampoline frame.

# rhythmic gymnastics

Combining gymnastics with dance, this women's discipline requires especially suppleness, strength and dexterity for manipulating the apparatuses.

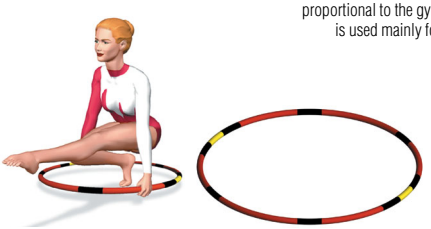
**apparatus**
Rhythmic gymnastics is practiced using five accessories (apparatuses), which for the most part are made of synthetic material.

**ribbon**
Band that the gymnast must keep constantly moving by forming very precise figures, such as serpentines, spirals and circles.

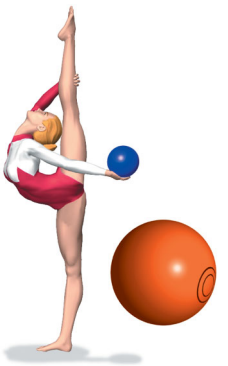


**clubs**
Apparatuses that are manipulated in a choreography made up of rotations, throwing and asymmetrical movements.

**rope**
Apparatus whose length is proportional to the gymnast's height; it is used mainly for jumping.



**hoop**
Rigid apparatus used in a wide variety of manipulations, such as rotations, throwing, rolls and passing through.

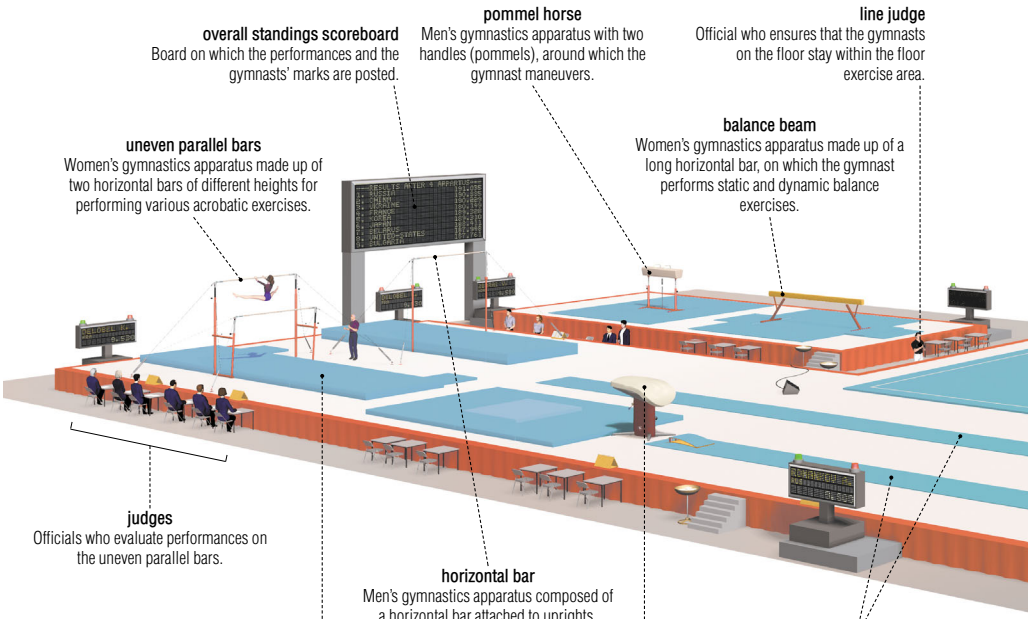


**ball**
Sphere that the gymnast manipulates to bring out suppleness and corporal expression, as well as the contrast between power for throwing and gentleness for catching.

# gymnastics

Sports discipline practiced on the ground with apparatuses such as rings, bars and beams.

**event platform**
Platform that contains the necessary material and apparatuses to hold gymnastics competitions.



**overall standings scoreboard**
Board on which the performances and the gymnasts' marks are posted.

**pommel horse**
Men's gymnastics apparatus with two handles (pommels), around which the gymnast maneuvers.

**line judge**
Official who ensures that the gymnasts on the floor stay within the floor exercise area.

**uneven parallel bars**
Women's gymnastics apparatus made up of two horizontal bars of different heights for performing various acrobatic exercises.

**balance beam**
Women's gymnastics apparatus made up of a long horizontal bar, on which the gymnast performs static and dynamic balance exercises.

**judges**
Officials who evaluate performances on the uneven parallel bars.

**floor mats**
Padded carpets that cushion falls and provide balance when landing.

**horizontal bar**
Men's gymnastics apparatus composed of a horizontal bar attached to uprights, around which the gymnast maneuvers (rotations, flight elements).

**vaulting horse**
Men's and women's gymnastics apparatus that is similar to a pommel horse; after a run, the gymnast supports the body on it with both hands to make a jump.

**approach runs**
82 ft runs made of foam matting; they allow gymnasts to gain the speed they need to execute an exercise.

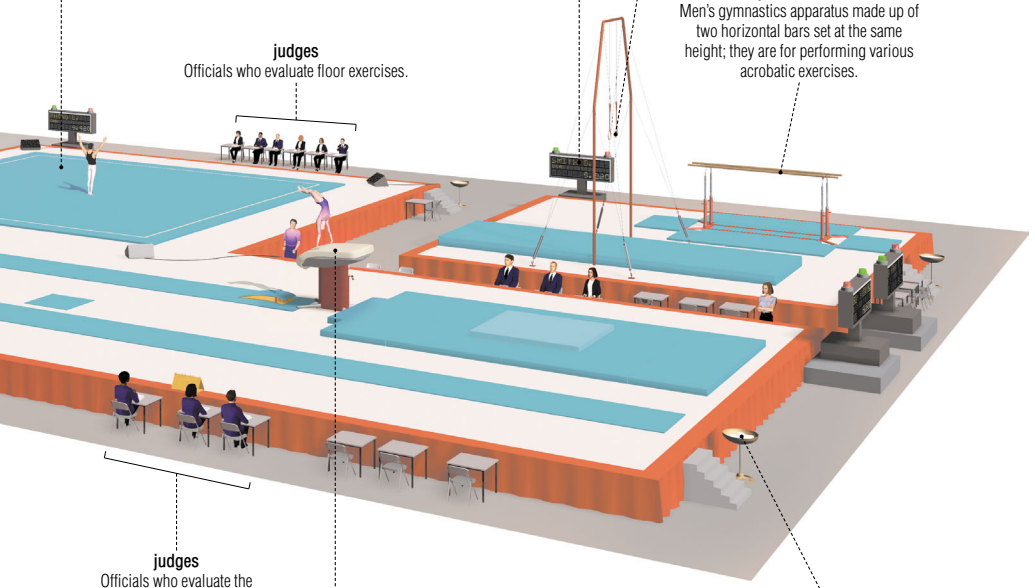
**floor exercise area**
40 ft² pad on which the gymnast performs exercises on the floor.

**current event scoreboard**
Judges grade exercises performed by the gymnasts based on execution, technique and artistic value.

**rings**
Men's gymnastics apparatus made up of two rings that hang from cables, which are fixed to a frame; they are used especially for power elements and fast swing exercises.

**parallel bars**
Men's gymnastics apparatus made up of two horizontal bars set at the same height; they are for performing various acrobatic exercises.

**judges**
Officials who evaluate floor exercises.

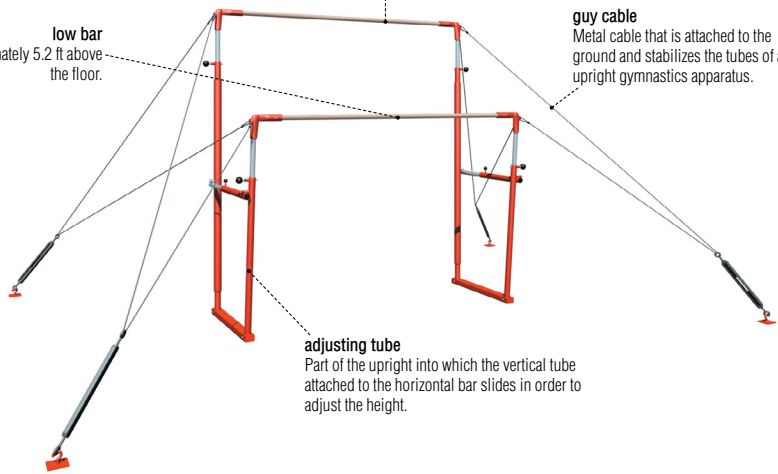


**judges**
Officials who evaluate the performances on the vaulting horse (women).

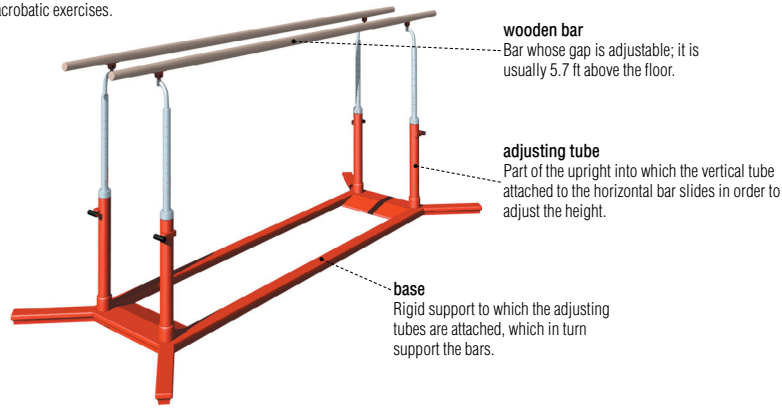
**vaulting horse**
Men's and women's gymnastics apparatus that is similar to a pommel horse; after a run, the gymnast supports the body on it with both hands to make a jump.

**magnesium powder**
White magnesium-based powder that absorbs sweat from the gymnasts' hands; this provides a surer grip on the apparatuses.

**uneven parallel bars**
Women's gymnastics apparatus made up of two horizontal bars of different heights for performing various acrobatic exercises.




**parallel bars**
Men's gymnastics apparatus made up of two horizontal bars set at the same height; they are for performing various acrobatic exercises.

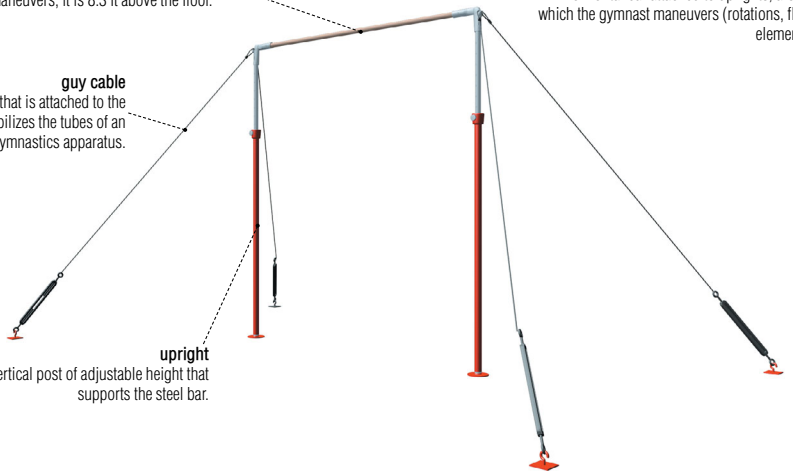


**steel bar**
Bar around which the gymnast maneuvers; it is 8.3 ft above the floor.

**horizontal bar**
Men's gymnastics apparatus composed of a horizontal bar attached to uprights, around which the gymnast maneuvers (rotations, flight elements).

**guy cable**
Metal cable that is attached to the ground and stabilizes the tubes of an upright gymnastics apparatus.

**upright**
Vertical post of adjustable height that supports the steel bar.



**frame**
Metal frame made up of two posts and a horizontal bar from which the rings hang by means of cables.

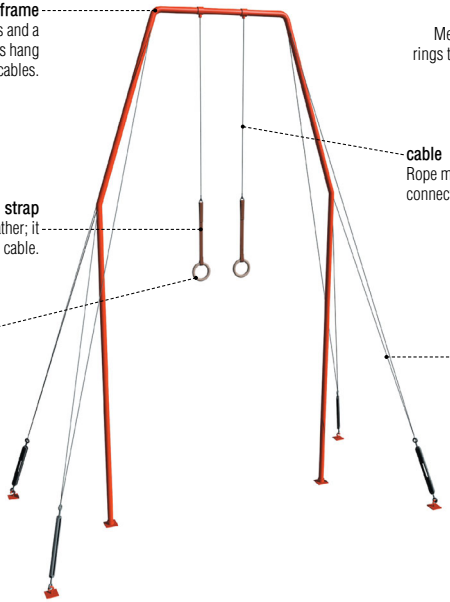
**rings**
Men's gymnastics apparatus made up of two rings that hang from cables, which are fixed to a frame; they are used especially for power elements and fast swing exercises.

**cable**
Rope made of woven metal wires that connects the ring to the frame.

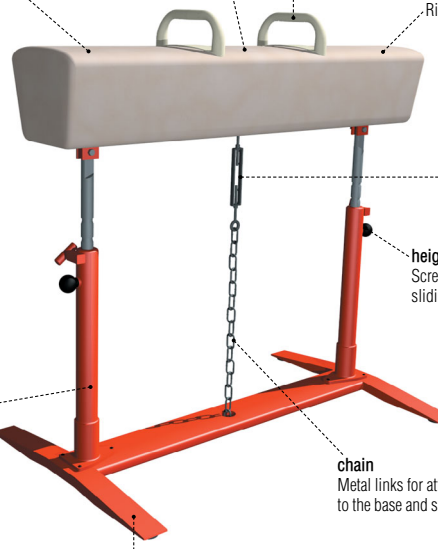
**strap**
Band that is usually made of leather; it attaches the ring to the cable.

**ring**
Wood, plastic or steel hoop from which the gymnast hangs to perform exercises; it is 8.3 ft above the floor.

**guy cable**
Metal cable that is attached to the ground and stabilizes the tubes of an upright gymnastics apparatus.



**pommel horse**
Men's gymnastics apparatus with two handles (pommels), around which the gymnast maneuvers.



**pommel**
Curved wooden or plastic handle that the gymnast grips while performing movements such as swings and circles upon the horse.

**saddle**
Central part of the horse, situated between the pommels.

**neck**
Left part of the horse.

**croup**
Right part of the horse.

**horse**
Main part of the apparatus.

**tightener**
Device for tightening the chain to its maximum tension.

**height adjustment**
Screw for adjusting the horse's height by sliding the tube inside the upright.

**base**
Structure (such as uprights and chain) supporting the horse.

**upright**
Adjustable vertical post supporting the horse.

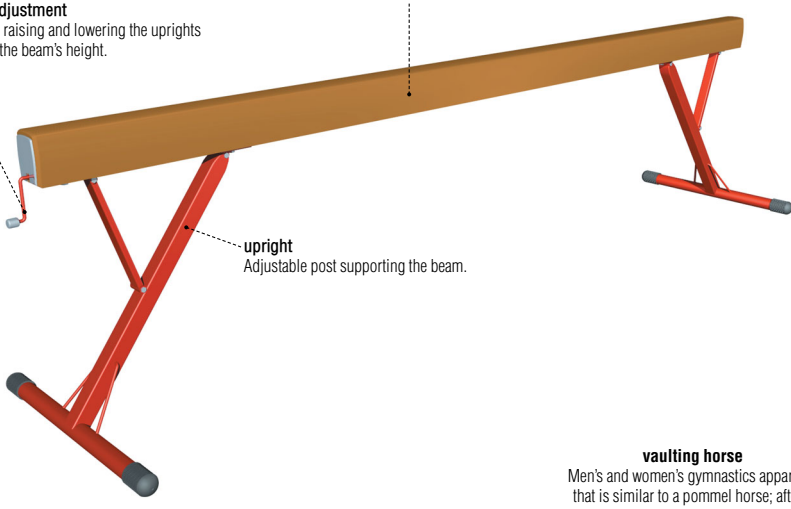
**chain**
Metal links for attaching the apparatus to the base and stabilizing it.

**antislip shoe**
Leg with an antiskid sole that prevents the horse from slipping during an exercise.

**balance beam**
Women's gymnastics apparatus made up of a long horizontal bar, on which the gymnast performs static and dynamic balance exercises.

**beam**
Rectangular wooden or steel bar; it is 16 ft long, 6 in wide, 4 ft above the floor and covered with a nonskid surface.

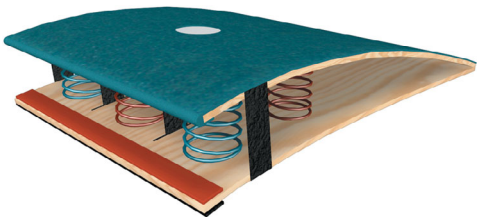
**height adjustment**
Crank for raising and lowering the uprights to adjust the beam's height.



**upright**
Adjustable post supporting the beam.

**vaulting horse**
Men's and women's gymnastics apparatus that is similar to a pommel horse; after a run, the gymnast supports the body on it with both hands to make a jump.

**springboard**
Board with springs to give it elasticity so that the gymnast can gain momentum before performing certain exercises such as horse vault and bar mount.



# water polo

Sport played in a pool with two teams of seven opposing players who attempt to score points at the opposite goal using a ball.

**player**
Member of a water polo team; during a game, the player must always stay in the water, never touch the bottom and not hold on to the sides of the pool.

**water polo ball**
Waterproof sphere that is filled with air and is usually yellow; the players (except for the goalkeeper) may not hold the ball with both hands.

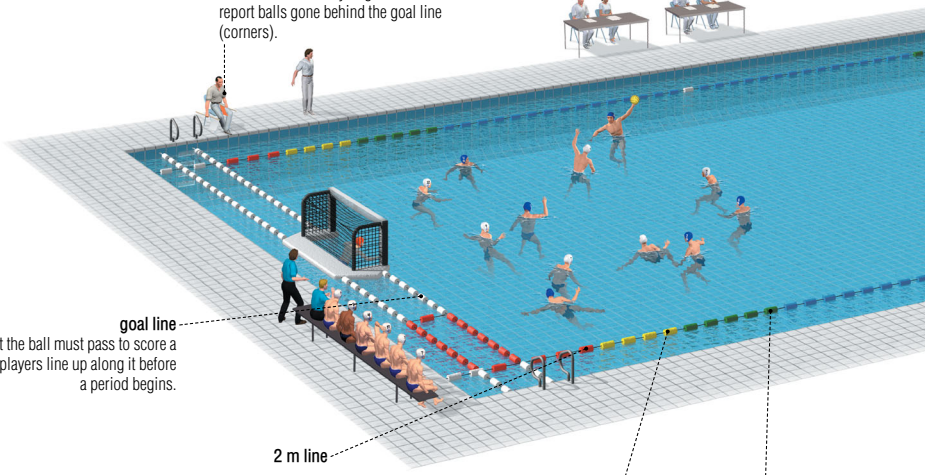
**cap**
Flexible cap with ear protectors on which the player's number is written; each team wears a cap of a distinct color.

**timekeepers**
Officials in charge of the game's time, exclusions, continuous possession of the ball (maximum 35 seconds before taking a shot) and so on.

**secretaries**
Officials who write up the game's report (such as goals scored, fouls and exclusions) and signal the return of temporarily excluded players.

**swimming pool**
Pool in which a water polo game takes place; a game has four periods of seven minutes each divided by breaks of two minutes each.

**goal judge**
Official whose main function is to decide on the validity of goals and to report balls gone behind the goal line (corners).



**goal line**
Line that the ball must pass to score a goal; the players line up along it before a period begins.

**2 m line**

**4 m line**

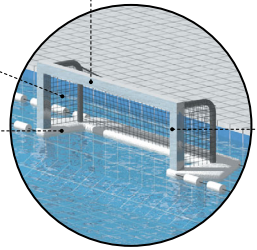
**7 m line**

**goal**
Cage made up of a net mounted on a frame; a team scores a point each time it succeeds in placing the ball in the opposing goal.

**crossbar**
Horizontal part connecting the two posts; the bar and the posts are made of plastic, metal or wood.

**net**
Loosely stitched netting attached to the back of the post; it keeps the ball inside the goal.

**floater**
Float that keeps the goal above the surface of the water; the goal is also held in place by cables attached to the sides of the pool.

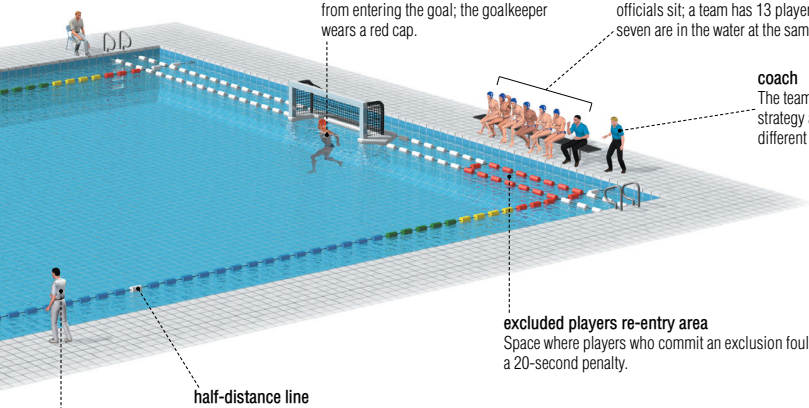


**post**
Two vertical supports for the goal; they are located 10 ft from each other.

**goalkeeper**
Player whose role is to prevent the ball from entering the goal; the goalkeeper wears a red cap.

**team bench**
Space where substitute players and team officials sit; a team has 13 players but only seven are in the water at the same time.

**coach**
The team's leader; the coach plots strategy and decides who plays in different situations.



**excluded players re-entry area**
Space where players who commit an exclusion foul serve a 20-second penalty.

**half-distance line**
Mark dividing the pool into two zones, one per team; the teams change zones after two periods of play.

**referee**
Official who is in charge of enforcing the rules; this individual supervises the game and signals violations by blowing a whistle.

# swimming

Sport consisting of swimming a defined distance (which varies depending on the four recognized stroke categories) as quickly as possible.

**competitive course**
The events, for singles and teams, take place in a pool that is 25 m or 50 m (Olympic-sized pool) long.

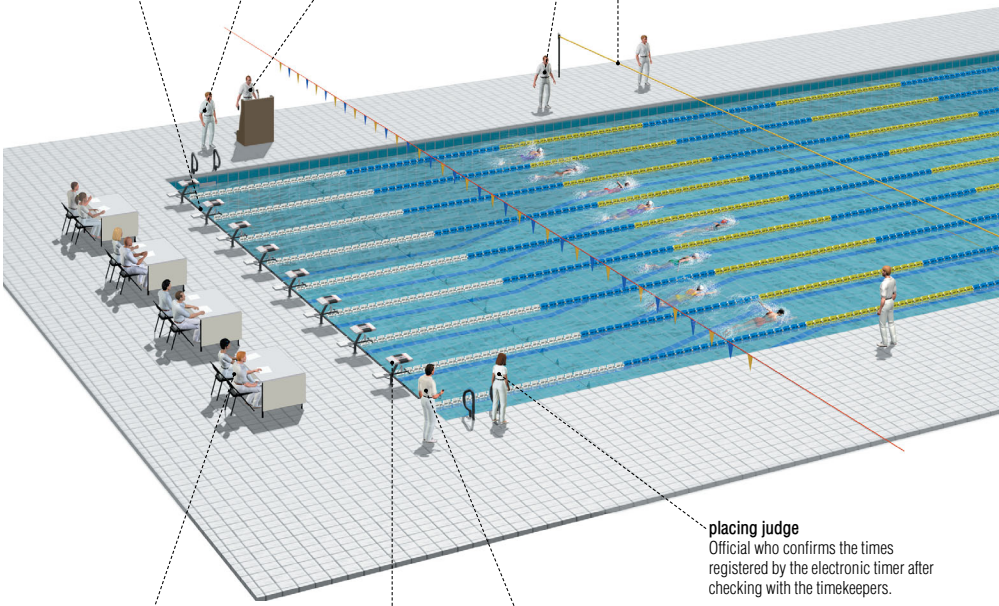
**finish wall**
Wall that the swimmer must touch to end a race; it is also the wall for turning around during events longer than 100 m in an Olympic-sized pool.

**referee**
Official who enforces the rules and oversees the progress of the competition; the referee ratifies the judges' decisions and resolves any disputes that may arise.

**stroke judge**
Each of the four officials checking the acceptability of the swimmers' movements, depending on the stroke category.

**starter**
Official who gives the start signal; false starts lead to the disqualification of the swimmer in error.

**false start rope**
Rope that is 50 ft from the wall; it is dropped into the water in the event of a false start to inform the swimmers that they must resume their starting positions.



**placing judge**
Official who confirms the times registered by the electronic timer after checking with the timekeepers.

**lane timekeeper**
Official who manually registers the finish time of the competitor swimming in an assigned lane.

**starting block**
Metal elevated structure from which the swimmer dives into the pool to start a race.

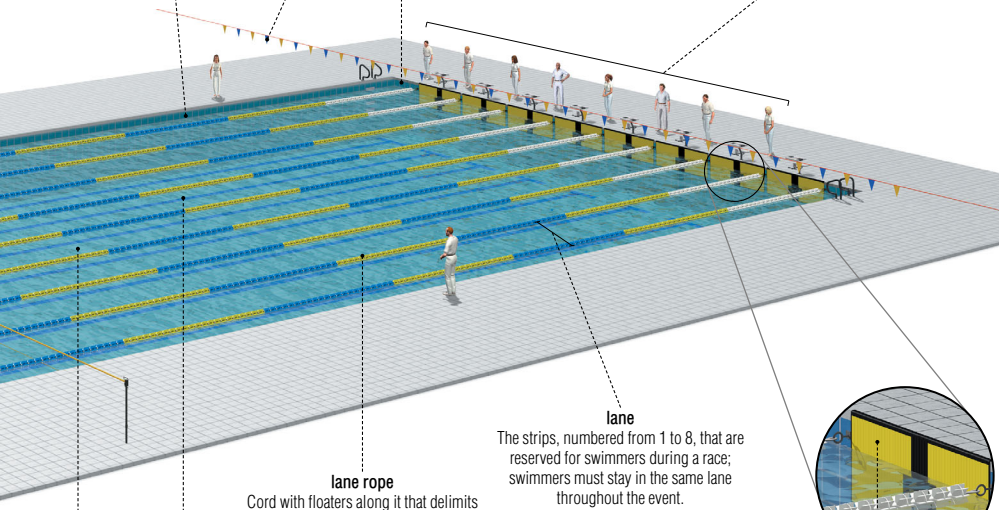
**chief timekeeper**
Official who collects the times registered by the lane timekeepers; these data are used in the event the electronic timer fails.

**backstroke turn indicator**
Rope with pennants that is strung 16 ft from the finish and turning walls; backstroke swimmers use it to judge distance.

**sidewall**
Wall forming the side of the pool; there is at least 20 in between the side wall and the outside lane ropes.

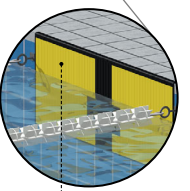
**turning wall**
Wall that the swimmer must touch before turning around; during the turn, the athlete pushes from the wall with the feet.

**turning judges**
Officials checking the validity of the turns; in the 800 m and 1500 m events, they inform the swimmers of how many lengths they have left to do.



**lane**
The strips, numbered from 1 to 8, that are reserved for swimmers during a race; swimmers must stay in the same lane throughout the event.

**lane rope**
Cord with floaters along it that delimits the eight lanes of the pool; it is designed to reduce turbulence on the surface of the water.



**bottom line**
Continuous line on the bottom of the pool in the center of each lane; it is a visual guide for the swimmer.

**automatic electronic timer**
Apparatus for automatically registering the swimmer's finish time; it is activated at the start and stops when the swimmer comes into contact with the wall.

**swimming pool**
Pool where swimming competitions take place; the water in it is maintained at a constant temperature (around 78°F) and depth.

## types of strokes

Four basic categories are recognized by the International Amateur Swimming Federation (FINA): the breaststroke, the butterfly, the backstroke and freestyle (the crawl).

**front crawl stroke**
Stroke performed on the stomach in which the arms alternate in moving toward the front; it is very fast and is usually used in freestyle races.

**turning wall**
Wall that the swimmer must touch before turning around; during the turn, the athlete pushes from the wall with the feet.

**breaststroke**
Stroke characterized by a series of simultaneous arm movements (toward the front, toward the outside and toward the rear) that are synchronized with the beating of the legs.

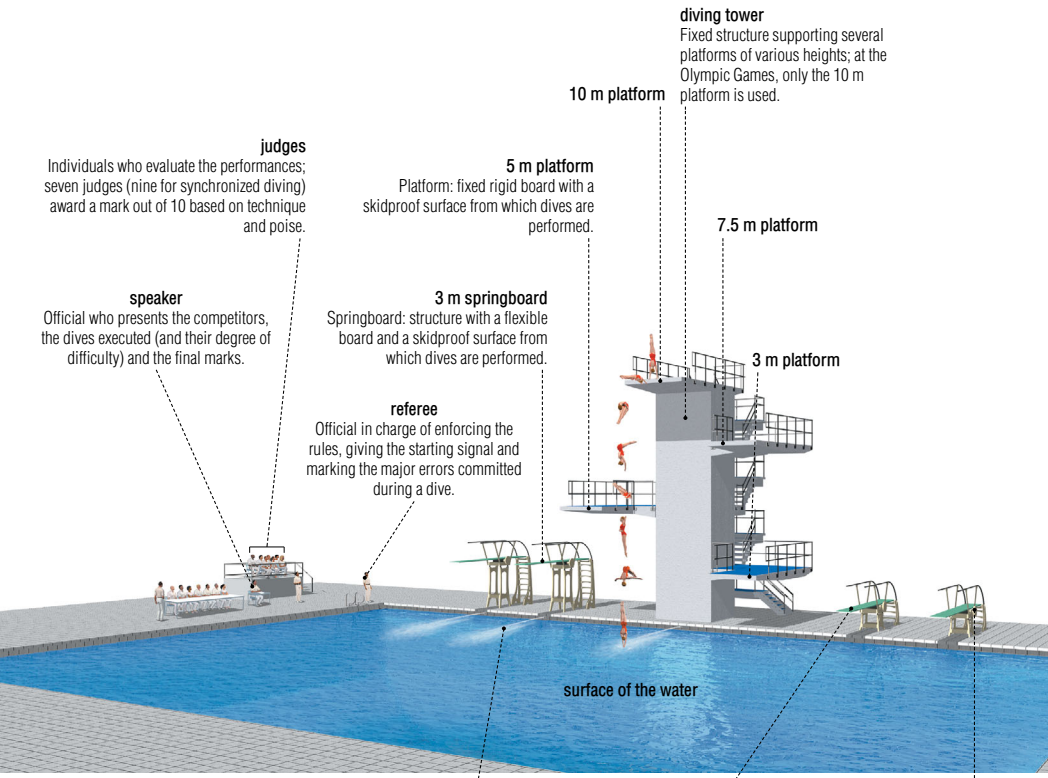
**butterfly stroke**
Stroke on the stomach in which the two arms are thrust simultaneously toward the front and then brought backward.

**backstroke**
Stroke characterized by an alternating rotation of the arms toward the back; the outstretched legs make an alternating beating movement at the same time.

# diving

Sport consisting of executing simple to complex dives into the water from a platform or a springboard.

**diving installations**
Equipment (such as springboards, platforms and tower) for diving; during a competition, the divers execute several dives and the points they earn are cumulative.



# diving

## starting positions

Dives are started with or without run-up walks and in one of the positions recognized by the International Amateur Swimming Federation (FINA).

**armstand**
Started on the hands for five seconds; this type of dive is done from a platform.

**forward**
Dive started facing the water and followed by one or more forward spins.

**backward**
Dive started with the back turned toward the water; the competitor then executes one or more backward spins.

**reverse**
Dive started facing the water; the athlete then performs one or more backward spins.

**inward**
Dive started with the back turned toward the water; the diver then performs one or more forward spins.

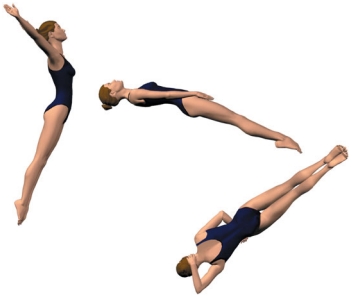
## examples of dives

There are some 90 different dives that are distinguished by their start position, their form in flight and the figure presented (somersault, twist).

**synchronized diving**
Dive performed simultaneously by two athletes forming a team; the positions are the same as for individual events and must be executed simultaneously.

## flights

Position of the body between the start and the entry; it must match one of the three positions authorized by FINA.



**straight position**
Position in which the body remains perfectly straight and the arms are free (above the head or along the body).

**pike position**
Position in which the body is bent at the hips and the legs are outstretched; the arms are free.

**tuck position**
Position in which the body is bent at the knees and hips with the knees and the feet together; the hands hold the legs.

## entries

The diver enters the water in the vertical position, head or feet first, while attempting to produce the least amount of splashing possible.

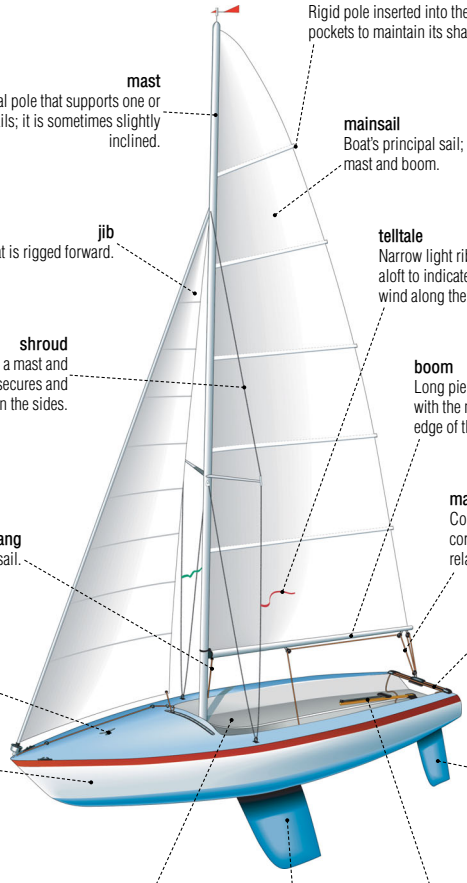
**head-first entry**

**feet-first entry**

# sailing

Sport navigation practiced on a sailboat. There are several classes of sailboats and various types of competitions such as regattas and transoceanic races.

**sailboat**
Small monohull sailboat with a retractable centerboard; ballast is provided by the weight of the crew.



**batten**
Rigid pole inserted into the sail's batten pockets to maintain its shape.

**mast**
Long vertical pole that supports one or more sails; it is sometimes slightly inclined.

**mainsail**
Boat's principal sail; it is rigged to the mast and boom.

**jib**
Triangular sail that is rigged forward.

**telltale**
Narrow light ribbon that is attached aloft to indicate the direction of the wind along the side of a sail.

**shroud**
Heavy taut rope between a mast and the side of the ship; it secures and supports the mast on the sides.

**boom**
Long piece of metal that articulates with the mast; it supports the lower edge of the mainsail.

**mainsheet**
Cord that passes through the bottom corner of the mainsail to position it in relation to the wind direction.

**boom vang**
Short rope for lowering a sail.

**traveler**
Metal bar running across the deck; a car travels back and forth on it to move the mainsheet.

**cleat**
Anvil-shaped wood or metal part to which a rope can be tied.

**hull**
Part of the boat's structure that forms a watertight vessel.

**rudder**
Submerged component that pivots on a vertical axle and is used to steer the boat.

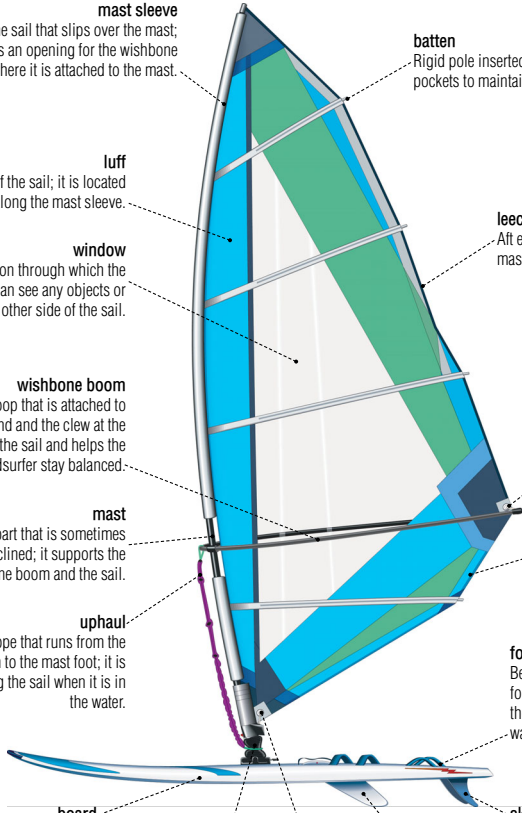
**cockpit**
Hollow place aft of the deck where the crew stays.

**centerboard**
Retractable skeg that keeps the sailboat on course.

**tiller**
Unit for controlling the rudder; the coxswain is the person who holds a sailboat's tiller.

# sailboard

Floating board with a sail; it is used in windsurfing, a sport consisting of gliding on water.



**mast sleeve**
Part of the sail that slips over the mast; it has an opening for the wishbone boom, where it is attached to the mast.

**batten**
Rigid pole inserted into the sail's batten pockets to maintain its shape.

**luff**
Front edge of the sail; it is located along the mast sleeve.

**leech**
Aft edge of the sail between the masthead and the clew.

**window**
Transparent section through which the windsurfer can see any objects or boats on the other side of the sail.

**wishbone boom**
Metal or carbon hoop that is attached to the mast at one end and the clew at the other; it directs the sail and helps the windsurfer stay balanced.

**clew**
Point forming the small angle at the back of the sail; it is attached to the wishbone boom.

**mast**
Long vertical part that is sometimes slightly inclined; it supports the wishbone boom and the sail.

**foot**
Lower part of the sail between the clew and the tack.

**uphaul**
Knotted rope that runs from the wishbone boom to the mast foot; it is used for righting the sail when it is in the water.

**foot strap**
Belt attached to the board to hold the windsurfer's foot in place; this provides maximum control of the board, especially against strong winds and waves.

**board**
Floating device made of synthetic material on which the windsurfer rides; its shape varies depending on its use (racing, slalom, waves, jumping).

**skeg**
One of the triangular parts aft and under the board that stabilize its course; the shorter the skegs, the easier the board is to handle.

**mast foot**
Articulated part that connects the mast to the board; it allows the mast and sail to pivot.

**tack**
Point that forms the front lower angle of the sail; it is attached to the foot of the mast sleeve.

**daggerboard**
Usually retractable, vertical skeg that keeps the board on course.

# rowing and sculling

Sport consisting of a speed race in a straight line over a maximum distance of 2000 m; races take place on calm water in boats designed for the purpose.

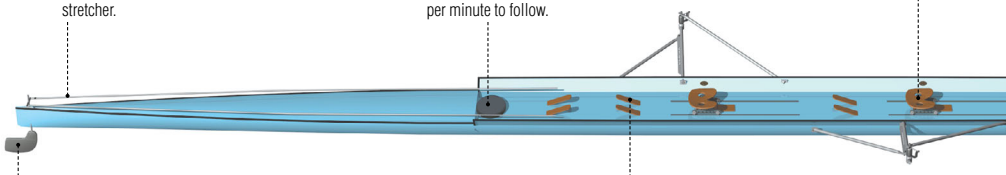
## parts of a boat

Boat: long and tapered lightweight vessel that is propelled by one to eight rowers; their oars are supported by an outrigger.

**rudder cable**
Cable used by the coxswain to direct the rudder; in a coxless boat, the cable may be connected to a rower's foot stretcher.

**coxswain's seat**
Part on which the coxswain sits facing the rest of the team; the coxswain steers the boat and gives the rowers instructions and the strokes per minute to follow.

**sliding seat**
Part on which the rower sits; it slides along rails to increase movement range and efficiency.



**rudder**
Submerged component that pivots on a vertical axle and is used to steer the boat.

**foot stretcher**
Part attached to the bottom of the boat; it supports the rowers' feet to provide the best draw.

## types of oars

Oar: instrument that is made up of a slightly curved blade, which is connected to a long shaft; it propels the boat.

**sculling oar**
Short oar that is manipulated with one arm; it is used in tandem with a second rower to propel a sculling boat.

**grip**
End of the oar that is gripped by the rower.

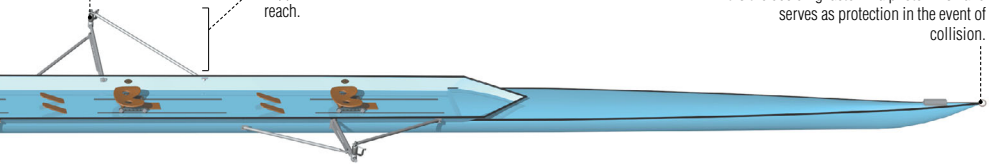
**rubber sheath**
Plastic or rubber casing that covers and protects the shaft; the collar is mounted on it.

**blade**
Larger end of the oar that is thrust into the water to propel the boat; it is often asymmetrical in order to maximize its hold in the water.

**oarlock**
Piece of equipment on which the oar's collar rests; it keeps the oar in place while allowing it to move more easily.

**outrigger**
Metal adjustable structure that supports the oar within the rower's reach.

**bow ball**
Rubber or plastic globe forward on the hull; it is the deciding factor in a photo finish and serves as protection in the event of collision.



**sweep oar**
Oar that is manipulated with both arms and is used to propel a sweep boat; it is longer than a sculling oar and has a larger blade.

**shaft**
Elongated part that is usually made of wood or carbon; the blade is attached to it.

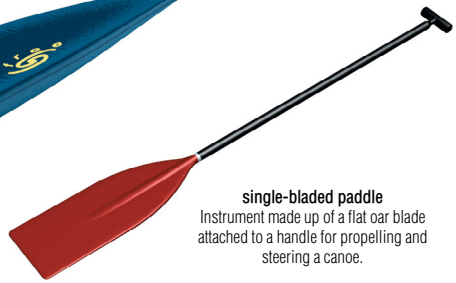
**collar**
Ring that is mounted on the rubber sheath and rests on the oarlock to prevent the oar from slipping; it can be moved to change its leverage effect.

**blade**
Larger end of the oar that is thrust into the water to propel the boat; it is often asymmetrical in order to maximize its hold in the water.

# canoe-kayak: whitewater

Sport of traveling in a canoe or kayak in water ranging from calm to turbulent in a river or man-made course.

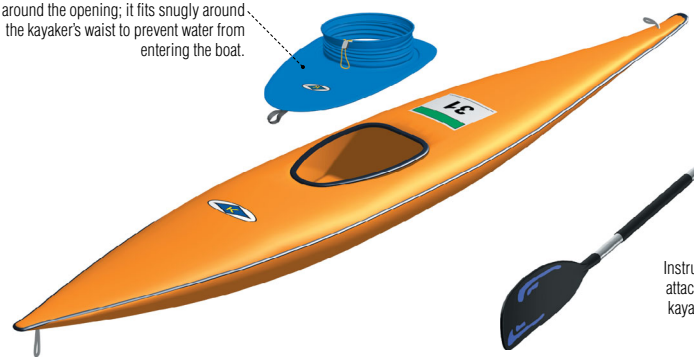
**canoe**
Closed boat that is somewhat wider than a kayak and seats one or two people; it is propelled with a single-bladed paddle in a kneeling position.



**single-bladed paddle**
Instrument made up of a flat oar blade attached to a handle for propelling and steering a canoe.

**kayak**
Long narrow closed boat with a round hull that provides stability and maneuverability; it is propelled with a double-bladed paddle in a seated position.

**spray skirt**
Flexible waterproof part that is attached around the opening; it fits snugly around the kayaker's waist to prevent water from entering the boat.



**double-bladed paddle**
Instrument with two curved oar blades that are attached to a handle; it propels and steers the kayak by paddling on alternating sides of the boat.

# scuba diving

Sport consisting of descending underwater and swimming around; it can be done holding one's breath or with scuba gear.

**scuba diver**
Person who practices scuba diving; the diver wears diving gear and carries equipment that makes it possible to stay underwater for as long as the air supply lasts.

**mask**
Watertight part that is made up of glass surrounded by a rubber skirt; it covers the nose and eyes and provides good visibility underwater.

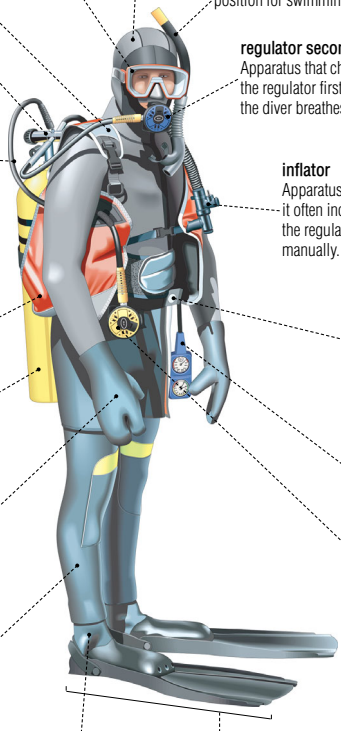
**hood**
Synthetic rubber cap that covers the head and neck to protect them against the cold.

**snorkel**
Rigid or flexible tube that enables the diver to breathe from just under the surface without lifting the head out of the water; it provides a comfortable and efficient position for swimming.

**harness**
Piece of equipment with straps and suspenders; the diver uses it to carry one or more cylinders of compressed air on the back.

**regulator first stage**
Apparatus attached to the cylinder valve that lowers the air pressure coming from the cylinder to an intermediate value (medium pressure).

**regulator second stage**
Apparatus that changes the pressure of the air coming from the regulator first stage to the pressure of the ambient air; the diver breathes this air in through a mouthpiece.



**air hose**
Flexible tube that connects the regulator first stage to the emergency regulator.

**inflator**
Apparatus that inflates the buoyancy compensator; it often includes a mechanical system attached to the regulator as well as a mouthpiece for inflating it manually.

**buoyancy compensator**
Float device whose volume of air can be increased or decreased at will to stabilize the diver underwater; it can be used to return to the surface and to keep afloat without effort.

**weight belt**
Fabric sash worn around the waist; it contains a variable number of weights to compensate for the diver's natural flotation.

**compressed-air cylinder**
Device containing air of diminished volume due to pressure; it stores air that can be used by the diver to move underwater.

**information console**
Ergonomic box that houses various measuring devices, which are useful to the diver.

**diving glove**
Piece of synthetic rubber that covers the hand and wrist to protect them from the cold and from being hurt by underwater objects, plants and animals.

**emergency regulator**
Regulator second stage that is connected by a hose to the regulator first stage; it is used to supply air to a diver in difficulty.

**wet suit**
Insulating outfit made out of synthetic rubber; a small amount of water is usually allowed to seep in and assume the diver's body temperature.

**boot**
Synthetic rubber boot that protects the foot and ankle from the cold and from being rubbed by the fin.

**fin**
Rubber or plastic flipper that is attached to the foot and improves the diver's propulsion in the water.

# boxing

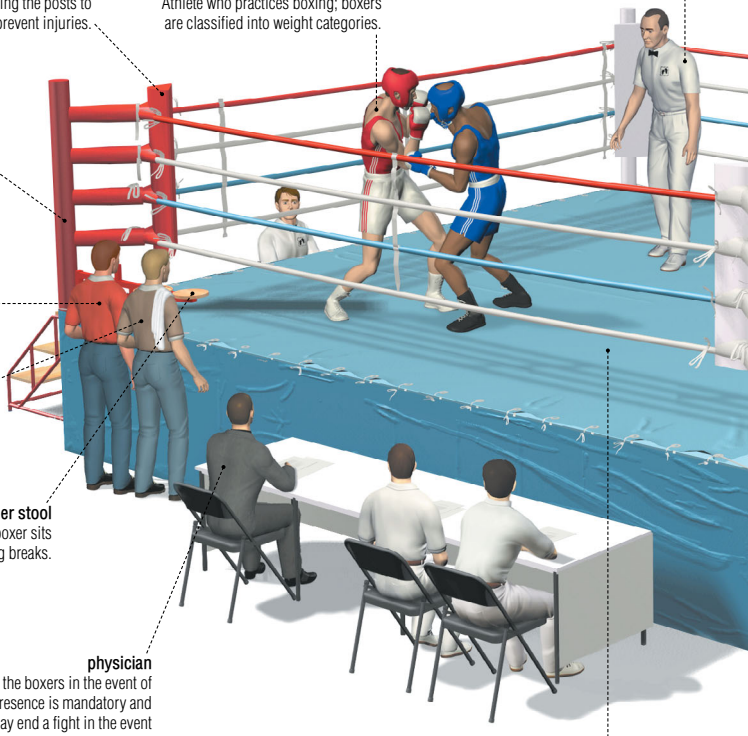
Sport in which two opponents wearing gloves fight each other with their fists (English boxing) or with their fists and feet (French boxing) following a code of rules.

**ring**
Square podium that is surrounded by stretched ropes and measures from 18 to 22 ft on the inside of the ropes; the boxing bout takes place on it.

**referee**
Official who enforces the rules and directs the fight in the ring; after the bout, this individual collects and checks the judges' scores.

**corner pad**
Padded layer covering the posts to prevent injuries.

**boxer**
Athlete who practices boxing; boxers are classified into weight categories.



**ring post**
Pole located at the four corners of the ring that supports and stretches the ropes.

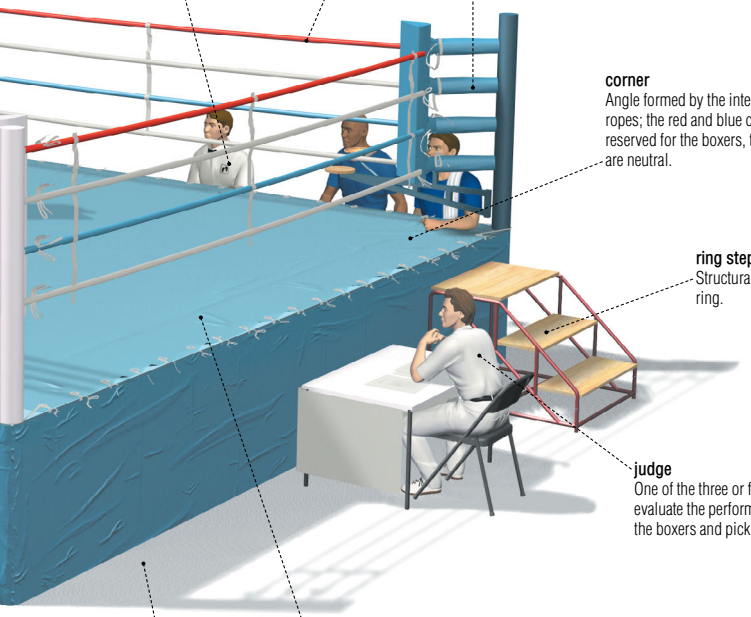
**trainer**
Person who supervises the boxer's training and is present during contests to coach the boxer on strategy.

**second**
Person who assists a boxer and ministers to him between rounds.

**corner stool**
Corner seat on which the boxer sits during breaks.

**physician**
Person who treats the boxers in the event of injury; a doctor's presence is mandatory and this individual may end a fight in the event of serious injury.

**canvas**
Covering for breaking falls that is made of flexible material and is about .5 in thick; a canvas is stretched on it.



**rope**
Grouping of threads forming a cable 1 to 2 in thick that stretches between posts to delimit the ring.

**timekeeper**
Official who controls the number of breaks and rounds and their duration by ringing a gong or bell, except in the case of a knockout.

**turnbuckle**
Metal part that is covered with padded matting and stretches the ropes around the ring.

**corner**
Angle formed by the intersection of the ropes; the red and blue corners are reserved for the boxers, the other two are neutral.

**ring step**
Structural component for accessing the ring.

**judge**
One of the three or five officials who evaluate the performances; they score the boxers and pick the winner.

**apron**
Part of the ring that is outside the ropes; the floor of the ring is about 3 ft high and must extend beyond the ropes by at least 18 in.

**ringside**
Area surrounding the ring.

## boxing

**boxer**
Athlete who practices boxing; boxers are classified into weight categories.

**headgear**
Rigid piece of equipment that protects the head especially during training and in Olympic boxing.

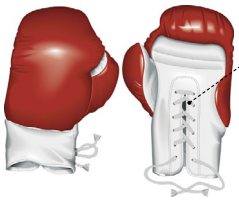
**glove**
Padded covering for the hand and wrist to dampen the impact of punching.

**boxing trunks**
Shorts coming down to mid-thigh.

**punching bag**
Leather or canvas bag that is filled with sand and weighs about 65 lb; the boxer trains by hitting it powerfully.

**punching ball**
Inflated leather bag that the boxer hits when training; it helps develop speed and punching coordination.

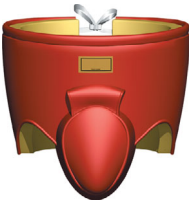
**mouthpiece**
Protective device for the boxer's teeth that is placed between the cheeks and teeth during a fight.



**lace**
Narrow cord that passes through the glove's eyelets to tighten it around the hand and wrist.

**boxing gloves**
The gloves are provided by the organizers before the bout.

**bandage**
Band of soft fabric (gauze) that is wrapped around the hand underneath the glove; it protects the hand against fractures and supports the wrist.



**protective cup**
Molded plastic equipment that protects an athlete's genitals.

# wrestling

Sport in which two opponents fight bare-handed and seek to pin each other to the floor using various holds.

**wrestler**
Athlete who practices wrestling; wrestlers are classified into weight categories.

**singlet**
Tight-fitting one-piece outfit; one of the wrestlers wears a red singlet and the other wears a blue one.

**wrestling shoe**
Flexible leather boot that covers the ankle; it has no heel and no metal parts.

**wrestling area**
Mat with an area of 40 ft² for a wrestling match; a bout has two 3-minute periods with a break of 30 seconds.

**referee**
Official in charge of enforcing the rules who directs the fight on the mat and wears red and blue sleeves to indicate points.

**protection area**
Area that is 5 ft wide and surrounds the passivity zone; it provides safety if the wrestler is thrown out of the wrestling area.

**judge**
Official who assigns the points for the technical action as instructed by the referee or the mat chairperson and registers them on the scoreboard.

**mat chairperson**
Official who coordinates the work of the referee and the judge; in the event of disagreement, he settles it. He may also interrupt the bout.

**passivity zone**
Red band that is 3.2 ft wide; it delimits and is part of the wrestling surface (30 ft in diameter).

**wrestler**
Athlete who practices wrestling; wrestlers are classified into weight categories.

**central wrestling area**
Circle inside the passivity zone that is 23 ft in diameter; the bout takes place within it.

# judo

Sport of Japanese origin that is practiced with bare hands and consists of unbalancing the opponent with holds; Judo means “the gentle way”.

**mat**
Surface that measures 46 ft x 52 ft and is used for practicing judo; it is made up of smaller mat squares (tatamis).

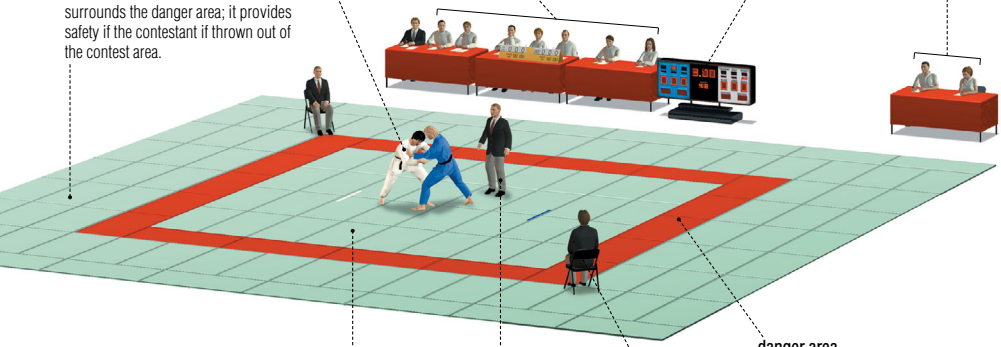
**medical team**
Physicians tend to the judokas in the event of injury; their presence is mandatory and they may end a bout in the event of serious injury.

**contestant**
One of two athletes (here, judokas) who confront each other in a bout; contestants are classified into weight categories.

**scorers and timekeepers**
The scorers show the results on the scoreboards and the timekeepers monitor the time during the bout.

**scoreboard**
Board that displays various data about the contest taking place (such as points and penalties); there are two scoreboards, one manual and one electronic, in each contest area.

**safety area**
Surface that is 10 ft wide and surrounds the danger area; it provides safety if the contestant if thrown out of the contest area.



**danger area**
Red band that is 3.2 ft wide; it delimits and is part of the contest area.

**contest area**
Area on which the bout takes place; it includes the danger area, measures 26 x 33 ft and has lines to indicate the positions of the judokas at the start and end of the bout.

**referee**
Official who enforces the rules and directs the bout on the mat; this individual is assisted by the two judges.

**judge**
One of the two officials who assist the referee; they check especially that the holds are allowable and take place within the bounds of the contest area.

## examples of holds and throws

There are more than 40 holds in judo: floor grips (strangles, locks, holdings) and standing throws (shoulders, arms, hips, legs).

**stomach throw**
The assailant pulls the opponent forward and puts a foot on the his stomach, causing the opponent to be thrown over the assailant's shoulder.

**sweeping hip throw**
The assailant pushes the opponent's leg, causing the opponent's torso to rotate and flip over the assailant's hip.

**holding**
The assailant uses pressure on the shoulders to pin the opponent to the floor.

**major outer reaping throw**
Using the right leg, the assailant sweeps up the opponent's left leg from behind, causing the opponent to fall backward.

**major inner reaping throw**
Using the right leg, the assailant sweeps up the opponent's right leg from the front, causing the opponent to fall backward.

**naked strangle**
From behind, the assailant's arm puts pressure on the opponent's neck, constricting breathing or cutting off the flow of blood and oxygen to the brain.

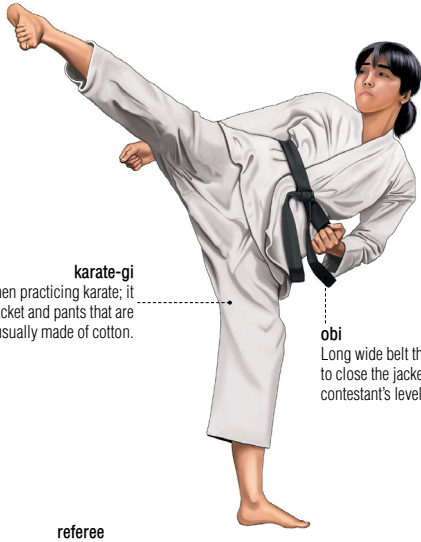
**arm lock**
To force submission, the assailant exerts pressure on the opponent's elbow joint against its natural bending direction.

**one-arm shoulder throw**
Placing the forearms under the opponent's armpits, the assailant lifts the opponent over his back, propelling the opponent forward.

# karate

Self-defense sport of Japanese origin that is practiced with bare hands; the blows, which are usually given with the hands and the feet, must stop before reaching the opponent's body.

**karateka**
Athlete who practices karate; some, but not all, organizations classify karatekas by weight.



**karate-gi**
Clothing worn when practicing karate; it includes a jacket and pants that are usually made of cotton.

**obi**
Long wide belt that is tied around the waist to close the jacket; its color indicates the contestant's level.

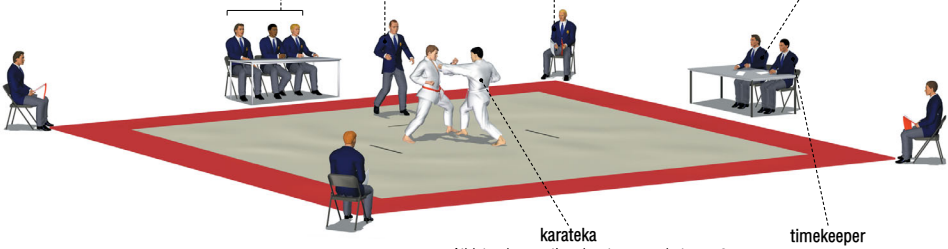
**competition area**
Surface for practicing karate; bouts last a maximum of three minutes.

**referee**
Official who enforces the rules, directs the bout on the mat, awards the points and gives out warnings and penalties.

**arbitration committee**
Group of upper-level officials who especially supervise the bout as it unfolds and check that the referee and the judges perform their duties correctly.

**corner judge**
One of the four officials who assist the referee, give their opinions especially about the referee's decisions and judge the actions of the karatekas.

**scorekeeper**
Official who tracks the karatekas' points and penalties.



**karateka**
Athlete who practices karate; some, but not all, organizations classify karatekas by weight.

**timekeeper**
Official who monitors the duration of the bout.

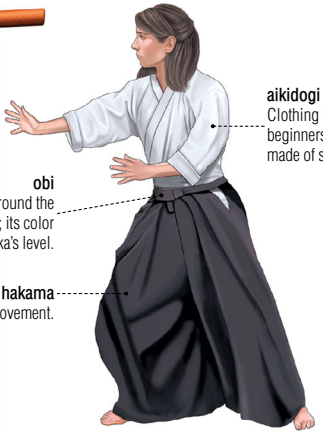
# aikido

Defensive sport of Japanese origin that consists of neutralizing an armed or unarmed opponent by means of dodging, throwing and holding, using bare hands.

**jo**
Wooden stick about 4.2 ft long; it is used mainly for training.

**aikidoka**
Athlete who practices aikido; it requires good coordination, well-developed reflexes, suppleness and keen concentration.

**bokken**
Wooden saber about 3.2 ft long that is used for training; the jo and the bokken help develop the concepts of distance and position.



**aikidogi**
Clothing worn for practicing aikido; for beginners, it consists of a white jacket made of sturdy cloth and white pants.

**obi**
Long wide belt that is tied around the waist to close the jacket; its color indicates the aikidoka's level.

**hakama**
Long skirt for hiding foot movement.

# kung fu

One of several types of sport of Chinese origin practiced with or without weapons; it is similar to karate but requires more legwork.

**kung fu practitioner**
Athlete who practices kung fu; contestants must be quick, precise and supple, and possess keen concentration.

**traditional jacket**
Closed by buttons and with a stand-up collar, it is most often black, but may also be red, yellow or white, which are the traditional colors in China.

**sash**
Belt whose color usually indicates the contestant's level; the colors vary from one style to another and according to the school and level.

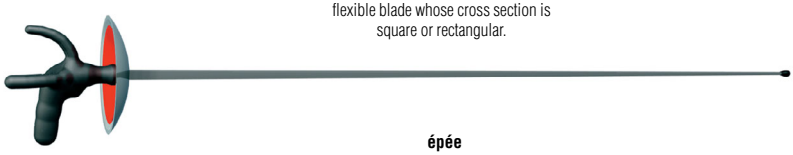
# fencing

Sport with two opponents who attempt to touch each other with weapons (épée, foil or saber) on a specific part of the body.

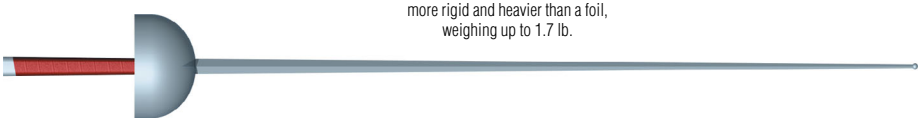
## fencing weapons

In the Olympic Games, the foil, the épée and the saber are used by both men and women.

**foil**
Lightweight thrusting weapon (maximum weight of 1.1 lb) with a flexible blade whose cross section is square or rectangular.



**épée**
Thrusting weapon with a tapered blade whose cross section is a triangle; it is more rigid and heavier than a foil, weighing up to 1.7 lb.



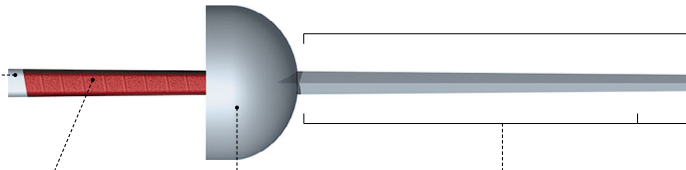
**saber**
Thrusting, cutting and slicing weapon whose blade is usually curved and sharp on one side only; its maximum weight is 1.1 lb, the same as that of the foil.

## parts of the weapon

Weapons can be thrusting (touch made with the tip of the blade), cutting (with the blade) or slicing (with the back edge).

**mounting**
Part of the weapon to which the blade is attached.

**pommel**
Metal knob at the end of the handle to balance the weapon.



**handle**
Wood, metal or plastic part for holding and wielding the weapon.

**guard**
Metal rounded part that protects the armed hand during a match.

**forte**
Thickest part of the blade, near the guard.

**fencer**
Athlete who practices fencing; this individual wears sturdy gear that provides protection while leaving the fencer free to move with agility.

**bib**
Very sturdy fabric that is attached to the mask to protect the neck.

**mask**
Face-protection apparatus with a plastic visor or metal latticework.

**jacket**
Clothing with sleeves that covers the chest and fastens under the breeches.

**glove**
Padded leather covering that protects the fencer's armed hand.

**sleeve**
Leather sleeve that is sewn to the glove to protect the lower part of the forearm.

**fencing shoe**
Shoe that is reinforced on the sides to protect it from being worn down by the metal pistes, and reinforced on the heel to dampen impact.

**metallic plastron**
Metallic vest that conducts electricity; it is worn over the jacket and detects valid touches from the electric foil or saber.

**breeches**
Pants that extend below the knees and are usually pulled up very high over the waist and held up by suspenders.

**blade**
Hitting part of the weapon; measuring about 3 feet, it is made of flexible metal and is thin and tapered.

**button**
Bulbous end of the blade; with electric weapons, the button triggers the switch of the electric apparatus when it makes a valid touch.

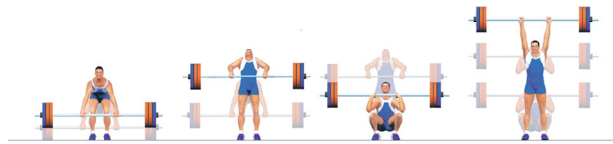
**medium**
Part of the blade between the forte and the foible.

**foible**
Thinnest part of the blade, up to its end.

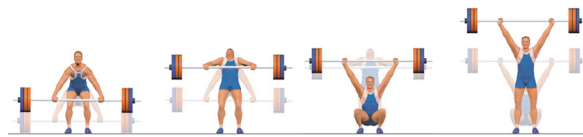
# weightlifting

Sport that consists of lifting the heaviest load possible (barbell) over the head using two types of lifts (clean and jerk; snatch).

**clean and jerk**
Type of lift that is executed in two stages; the bar is first raised to shoulder level (clean) and then quickly raised over the head (jerk), using the leg muscles.



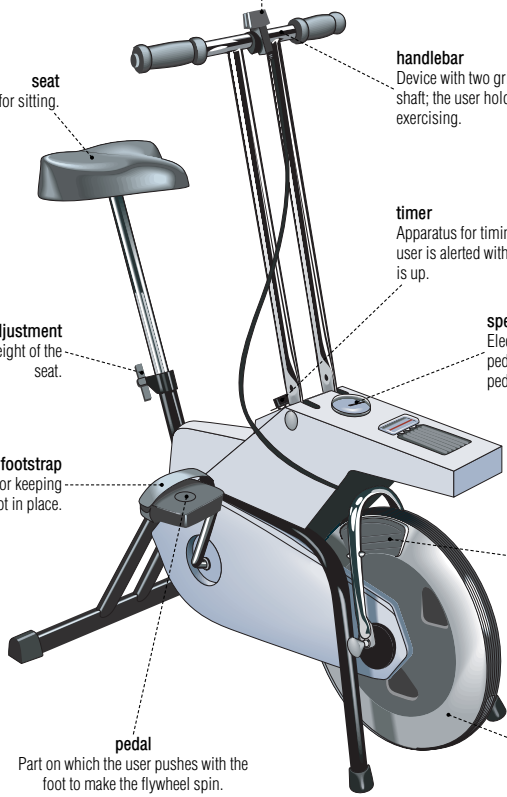
**snatch**
Type of lift that is more difficult than the clean and jerk; it consists of raising the load over the head as high as possible in a continuous quick movement.



# fitness equipment

Material and apparatuses for carrying out exercises aimed at maintaining the physique and increasing muscular strength, flexibility and endurance.

**stationary bicycle**
Bicycle attached to a base for training in a room or apartment; it is used mainly to work the leg muscles and to develop endurance.



**resistance adjustment**
Knob for adjusting the flywheel's resistance.

**handlebar**
Device with two grips connected by a shaft; the user holds onto it while exercising.

**seat**
Small triangular support for sitting.

**timer**
Apparatus for timing an exercise; the user is alerted with a sound when time is up.

**speedometer**
Electronic counter that indicates the pedaling speed and the number of pedal revolutions per minute.

**height adjustment**
Screw for adjusting the height of the seat.

**footstrap**
Band attached to the pedal for keeping the foot in place.

**brake**
Unit for slowing down or stopping the flywheel's spinning.

**pedal**
Part on which the user pushes with the foot to make the flywheel spin.

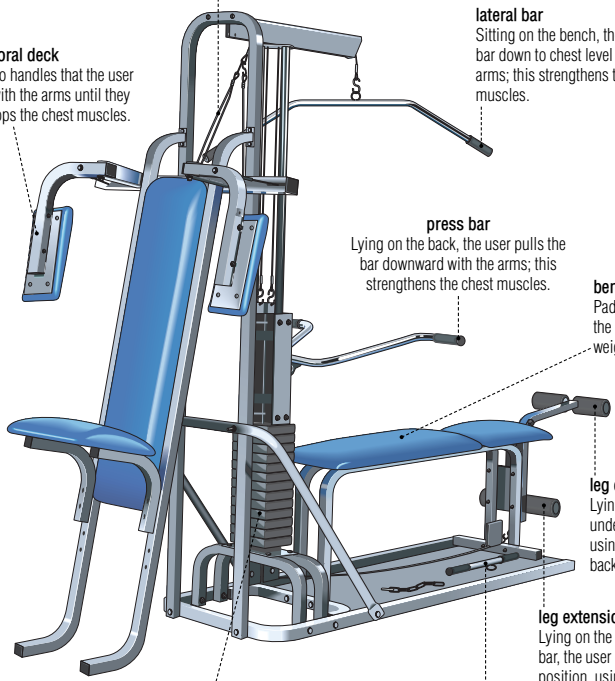
**flywheel**
Steel wheel that simulates the effect of real bicycle pedaling to provide steady and regular exercise.

**weight machine**
Apparatus for carrying out various exercises that consist of lifting or pushing loads to strengthen muscles.

**cable**
Steel wire that connects the weights to the machine's apparatuses.

**lateral bar**
Sitting on the bench, the user pulls the bar down to chest level using both arms; this strengthens the back muscles.

**pectoral deck**
Apparatus with two handles that the user brings together with the arms until they touch; this develops the chest muscles.



**press bar**
Lying on the back, the user pulls the bar downward with the arms; this strengthens the chest muscles.

**bench**
Padded seat that is long and narrow; the user lies or sits on it to perform weight-training exercises.

**leg curl bar**
Lying on the stomach with the calves under the bar, the user lifts the bar using the muscles in the calves and the back of the thighs.

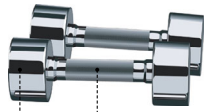
**leg extension bar**
Lying on the back with the legs under the bar, the user lifts the legs to the horizontal position, using the front thigh muscles.

**weights**
Heavy units serving as the weight machine's resistant forces; they are regulated by adjusting the height of the weights to be lifted.

**triceps bar**
When interchanged with the lateral bar on the cable, the user sits on the bench and pulls the bar down behind the neck; this develops the triceps (arm muscles).

**ankle/wrist weight**
Wide flexible band of preset mass that is worn around the wrist or ankle to increase resistance during exercise.

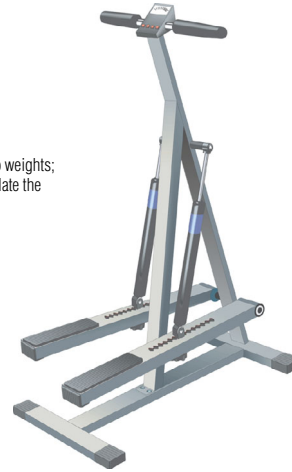
**dumbbell**
Gym equipment that consists of two equal weights attached to each end of a short bar, which is lifted with one hand to develop mainly the arm muscles.



**weight**
Round metal mass of various weights and sizes that is attached to each end of the bar.

**bar**
Metal shaft that connects two weights; the athlete grips it to manipulate the weights.

**stair climber**
Apparatus that simulates the movement of climbing stairs; it is designed mainly to develop cardiorespiratory capacity and strengthen the leg muscles.



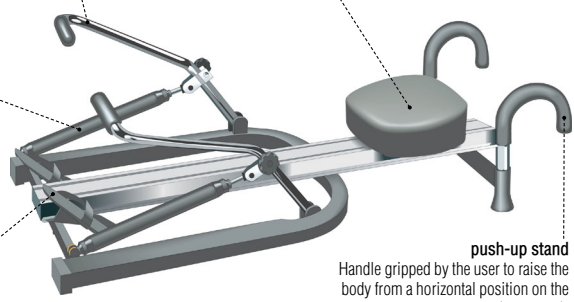
**jump rope**
Cord with handles that is repeatedly swung over the head then jumped over; the athlete jumps once per cycle to strengthen mainly the leg and buttock muscles.

**rowing machine**
Apparatus that simulates the movement of rowing; it is designed mainly to develop cardiorespiratory capacity and strengthen a number of muscles in the body.

**oar**
Lever connected to the hydraulic resistance; it operates the rowing machine.

**sliding seat**
Part on which the user sits; it slides back and forth on rails to increase the amplitude and efficiency of the oars.

**hydraulic resistance**
Device with a hydraulic pump (silent system simulating water resistance); it constitutes the force exerted against the oars.



**foot support**
Part with a strap for the foot.

**push-up stand**
Handle gripped by the user to raise the body from a horizontal position on the floor (push-ups).

# show-jumping

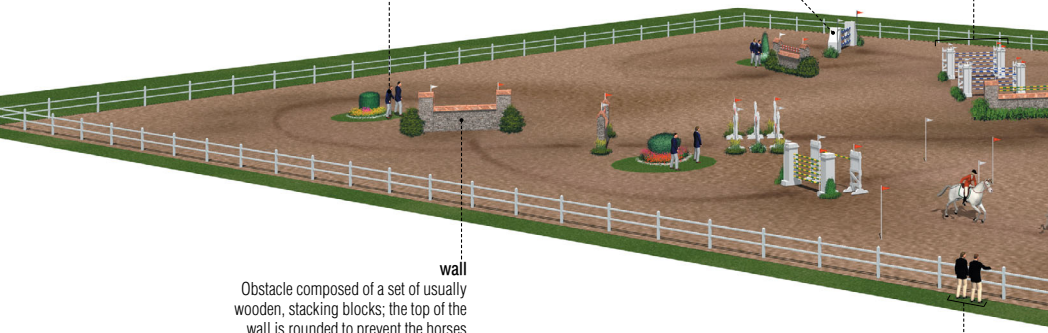
Competition during which a horse and its rider clear a series of different obstacles on a set course as quickly as possible.

**competition ring**
Closed terrain marked with 12 to 15 obstacles that the horse and rider must clear in a set order while committing the fewest faults possible.

**post and plank**
Obstacle composed of wide movable boards (planks) that are laid one on top of another; planks are less stable than bars.

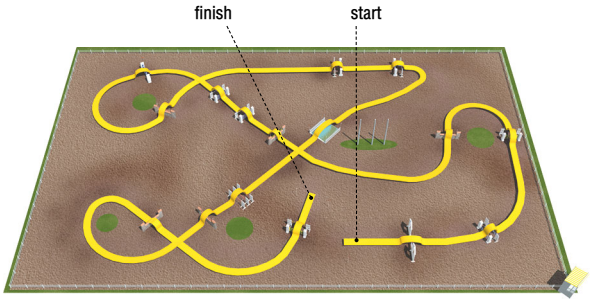
**combination**
Set of two or more obstacles that are grouped together and count as a single obstacle; each of its obstacles must be cleared separately.

**obstacle steward**
Person in charge of righting the upset obstacles.



**wall**
Obstacle composed of a set of usually wooden, stacking blocks; the top of the wall is rounded to prevent the horses from being hurt.

**veterinarians**
Doctors who treat animals; they examine the horses before the competition and may intervene in the event of injury.

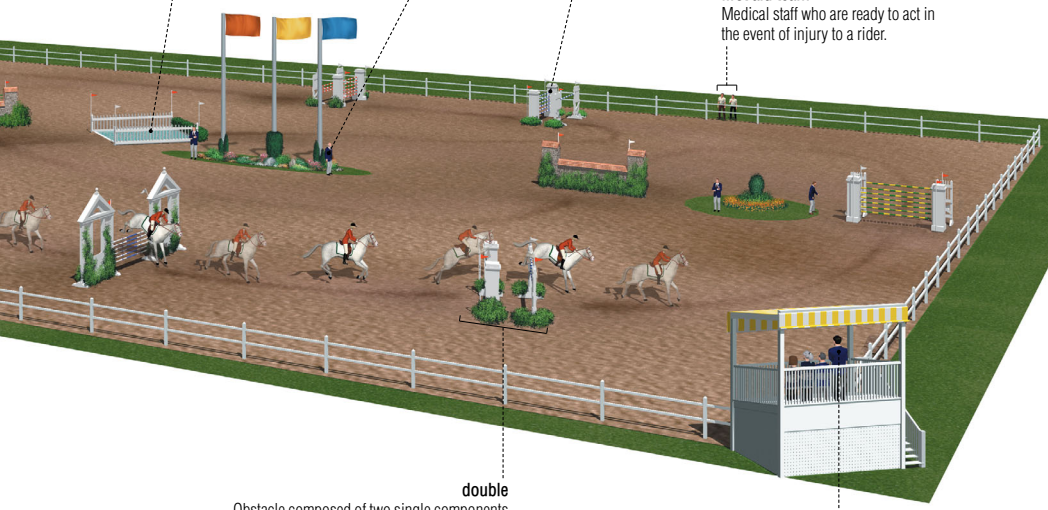


**water jump**
Obstacle made up of a water-filled ditch with a hedge in front; the horse commits a fault if it touches the water or the lath marking the end of the river.

**course steward**
Official in charge of enforcing the rules and of the layout of the course; during the competition, the steward also controls who enters and exits the track.

**oxer**
Two-part obstacle composed of movable parallel bars; there are two designs, one of identical heights (square oxer) and one of different heights (jumping oxer).

**first aid team**
Medical staff who are ready to act in the event of injury to a rider.

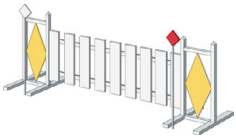


**double**
Obstacle composed of two single components that are very close together; the horse must clear it in a single jump.

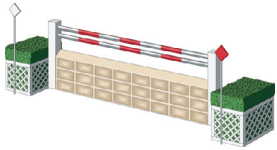
**jury**
Jump judges (usually four) who calculate the competitors' penalties based on the course and the marking system chosen.

## obstacles

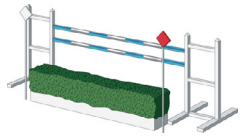
Elements that the horse and rider must clear during a competition; a penalty is given when the animal upsets one of the movable components of an obstacle.



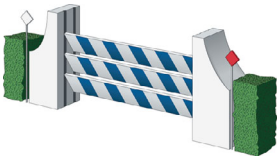
**gate**
Obstacle shaped like a simple fence and made up of fixed boards laid side by side.



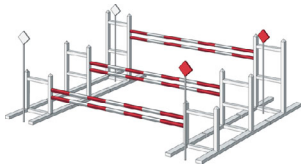
**wall and rails**
Obstacle made up of a wall with one or two movable bars on top.



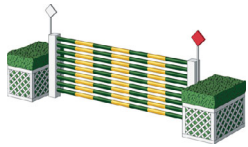
**brush and rails**
Obstacle composed of a vertical component with a hedge in front.



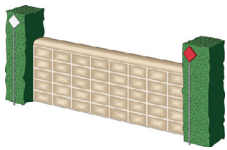
**post and plank**
Obstacle composed of wide movable boards (planks) that are laid one on top of another; planks are less stable than bars.



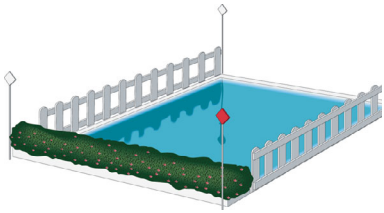
**triple bars**
Three-part obstacle composed of movable parallel bars; each successive obstacle increases in height.



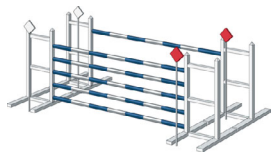
**post and rail**
Obstacle composed of a set of movable bars that are laid one on top of another.



**wall**
Obstacle composed of a set of usually wooden, stacking blocks; the top of the wall is rounded to prevent the horses from being hurt.



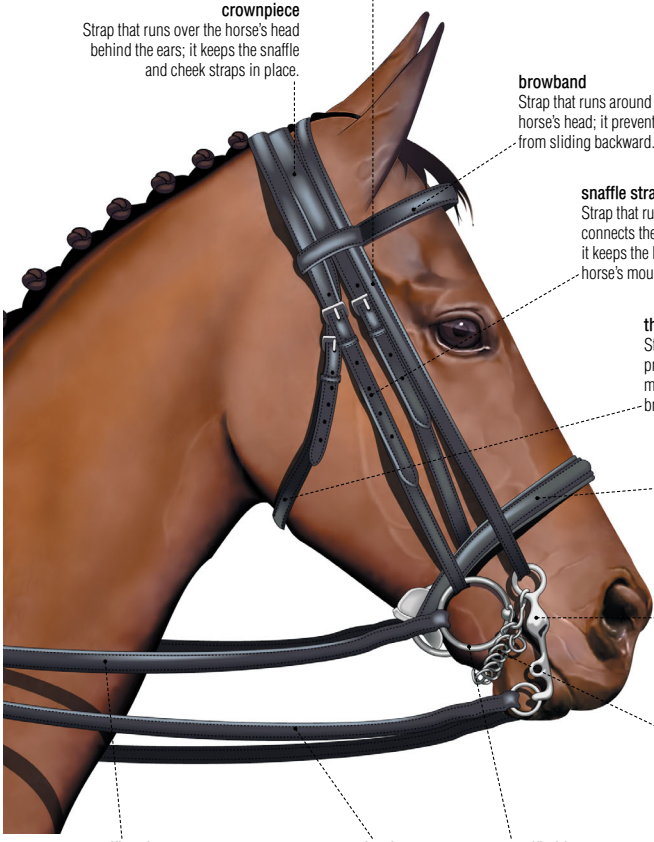
**water jump**
Obstacle made up of a water-filled ditch with a hedge in front; the horse commits a fault if it touches the water or the lath marking the end of the river.



**oxer**
Two-part obstacle composed of movable parallel bars; there are two designs, one of identical heights (square oxer) and one of different heights (jumping oxer).

# riding

Sport or recreation that consists of riding a horse; specialized equipment is necessary for steering and controlling the horse.



**bridle**
Head harness that enables the rider to steer a horse by using two bits in the horse's mouth, which are connected to the reins.

**cheek strap**
Strap that runs along the horse's cheek and connects the crownpiece to the curb bit; it keeps the bit in the desired place in the horse's mouth.

**crownpiece**
Strap that runs over the horse's head behind the ears; it keeps the snaffle and cheek straps in place.

**browband**
Strap that runs around the front of the horse's head; it prevents the bridle from sliding backward.

**snaffle strap**
Strap that runs along the horse's cheek and connects the crownpiece to the snaffle bit; it keeps the bit in the desired place in the horse's mouth.

**throat latch**
Strap that runs under the horse's throat to prevent the bridle from sliding forward; it must be loose enough to allow the horse to breathe freely.

**noseband**
Part of the bridle that runs around the head above the nostrils; it prevents the horse from opening its mouth and losing the bit.

**curb bit**
Bit composed of a mouth and two side bars; it lowers the horse's nose and is used in conjunction with a snaffle bit.

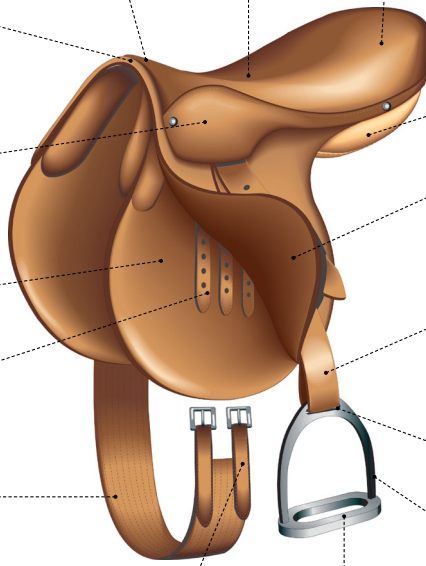
**curb chain**
Metal chain that hangs from the cheek rings and passes under the horse's jaw to secure the bit.

**snaffle rein**
Strap that the rider holds to control the snaffle bit and thus steer the horse.

**curb rein**
Strap that the rider holds to control the curb bit and thus steer the horse.

**snaffle bit**
Bit composed of a mouth and two side rings; it lifts the horse's head and is used only in combination with a curb bit.

**saddle**
Somewhat curved unit that is made mostly of leather; it is set on the horse's back for the rider to sit on.



**pommel**
Front part of the saddle that is slightly rounded; the rider can hold onto it with the hand.

**seat**
Slightly concave part of the saddle on which the rider sits.

**cantle**
Back part of the saddle that is rounded slightly upward to support the lower back.

**tree**
Curved part under the pommel that is traditionally made of wood; it forms the front part of the saddle's framework.

**panel**
Padding for the saddle that is designed to dampen impact and protect the horse's back.

**skirt**
Piece of leather that is attached to the flap; it covers the stirrup leather buckles.

**flap**
Piece of leather that covers the knee roll and the tabs; the rider's thighs press against it.

**knee roll**
Piece of leather that forms the side of the saddle; it mainly protects the horse from the girth strap buckles.

**stirrup leather**
Adjustable strap that hangs from the saddle to support the stirrup iron.

**tab**
Belt with small holes that is attached to the knee roll; the girth strap is buckled to it.

**eye**
Slot in the top part of the stirrup iron through which the stirrup leather passes.

**girth**
Strap around the horse's belly that keeps the saddle on its back.

**branch**
One of two metal arms that connect the tread to the eye.

**girth strap**
Small belt that is attached to the end of the girth; it has a buckle for attaching it to the tab to tighten it.

**tread**
Lower part of the stirrup iron where the rider's foot is placed.

# horse racing: turf

Speed race on a track where jockeys ride horses, usually at a gallop.

**racetrack**
Place that is designed for horse races; it is made up of an oval track (flat or with obstacles) and stands.

**starting gate**
Mobile, compartmentalized barrier behind which the horses line up before the start; at a signal, all the compartment gates open at the same time.

**tote board**
Display board that shows the various data on the race (such as class and betting information); it sometimes has a giant screen.

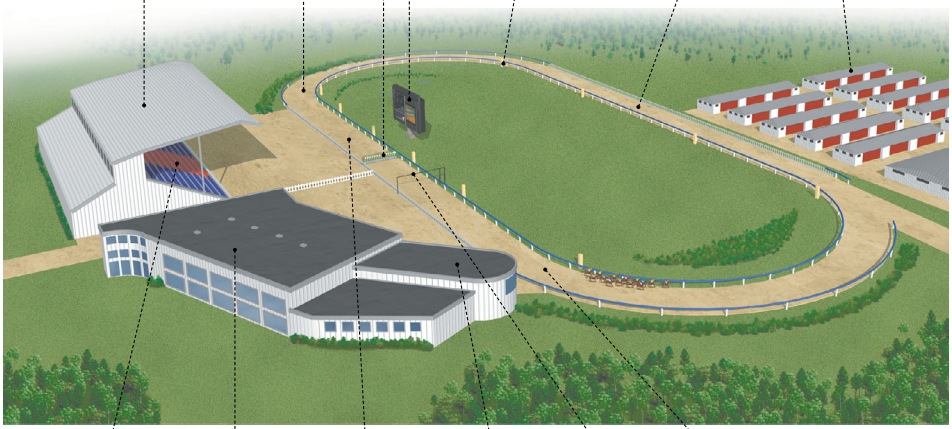
**length post**
Markers that are placed at regular intervals along the track so that jockeys can assess the distance still to cover.

**far turn**
Last turn; the homestretch begins at the exit from it.

**stable**
Building where the horses are boarded and cared for.

**judge's stand**
Space reserved for the track judges who establish the horses' order of arrival at the finish line, using the videotape if necessary.

**backstretch**
Straight part on the side opposite the stands.



**grandstand**
Space reserved for spectators.

**homestretch**
Straight line between the far turn and the finish line; it constitutes the last sprint before the end of the race.

**clubhouse turn**
First turn after the start and near the clubhouse; the jockeys try to position their horses on the inside track to reduce the distance to cover.

**clubhouse**
Building that houses various services such as bar, restaurant, glassed-in stands and betting booths.

**paddock**
Area where the horses and their jockeys are presented to the public before a race.

**finish line**
Line that marks the end of a race; a video camera helps identify the winner when the horses are bunched very close together.

# horse racing: turf

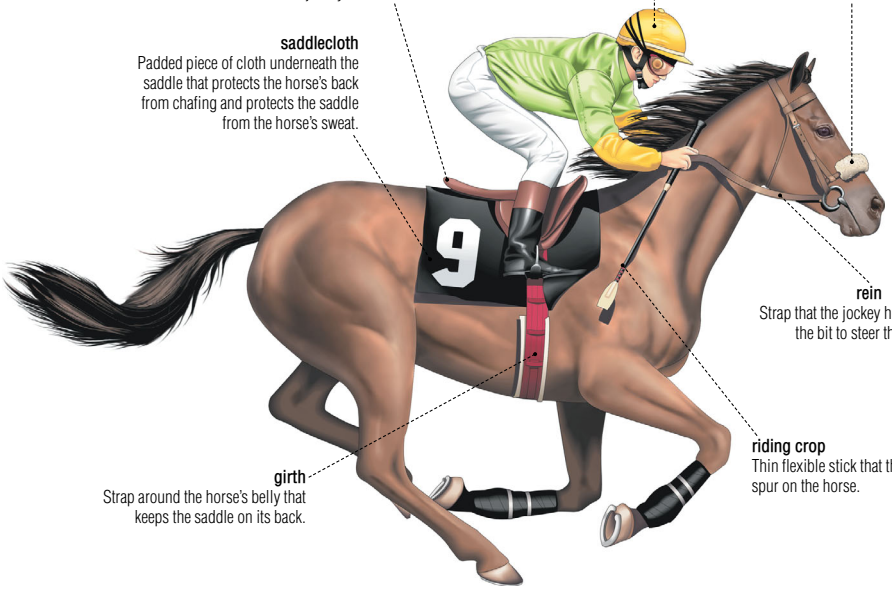
**jockey**
Person who rides a racehorse; a jockey rides with very short stirrups and the body hunched over the horse's neck.

**riding cap**
Hard piece of equipment designed to protect the head.

**saddle**
Slightly curved part that is usually made of leather; it is laid on the horse's back for the jockey to sit on.

**shadow roll**
Part that blocks the horse's view of the ground; this prevents the horse from mistaking shadows for obstacles to jump over.

**saddlecloth**
Padded piece of cloth underneath the saddle that protects the horse's back from chafing and protects the saddle from the horse's sweat.




**rein**
Strap that the jockey holds to control the bit to steer the horse.

**riding crop**
Thin flexible stick that the rider uses to spur on the horse.

**girth**
Strap around the horse's belly that keeps the saddle on its back.

**mobile starting gate**
Vehicle with two folding wings; it is used to start the race by getting the horses running.

**folding wing**
Part of the starting gate that folds forward as the vehicle leaves the starting line to let the horses by.

# horse racing: harness racing

Speed race on a track for trotters or standardbred pacers harnessed to sulkies.

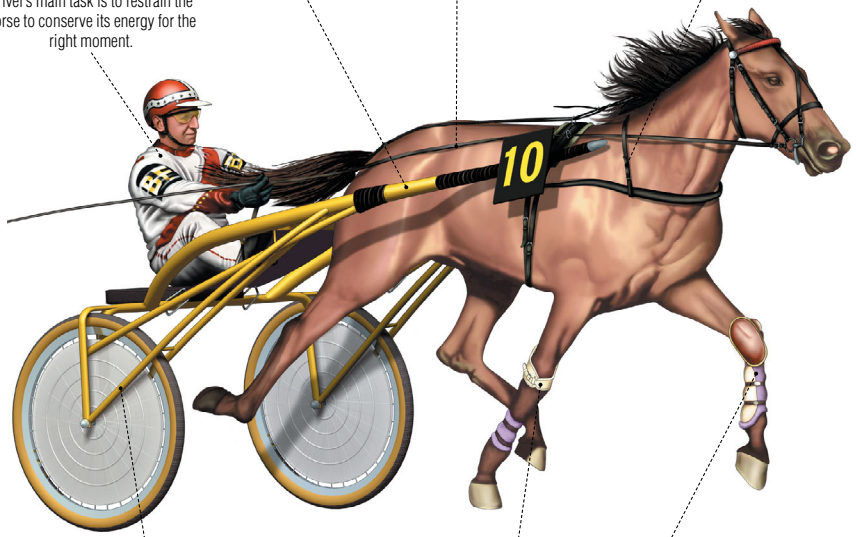
**trotter**
A horse that moves at a trot, that is, alternately lifting diagonal pairs of feet off the ground; the trot is slower than the pace.

**shaft**
Wooden or metal arm that extends the sulky; the horse is harnessed between the two of them.

**handhold**
Rein that is held by the driver to control the movement of the bit and thus steer the horse.

**breast collar**
Part of the harness that goes around the horse's neck; it transmits the horse's movement to the shaft.

**driver**
Person who steers the horse; the driver's main task is to restrain the horse to conserve its energy for the right moment.




**sulky**
Two-wheeled one-passenger vehicle that is pulled by a horse; it is light (around 35 lb), aerodynamic and has no body.

**knee boot**
Rigid equipment that protects the horse's knee.

**shin boot**
Equipment placed around the cannon of the horse's leg to protect it from injury.

# billiards

Games that are played on a special table; they use a cue to hit a cue ball either against two balls or to drive another into a pocket.

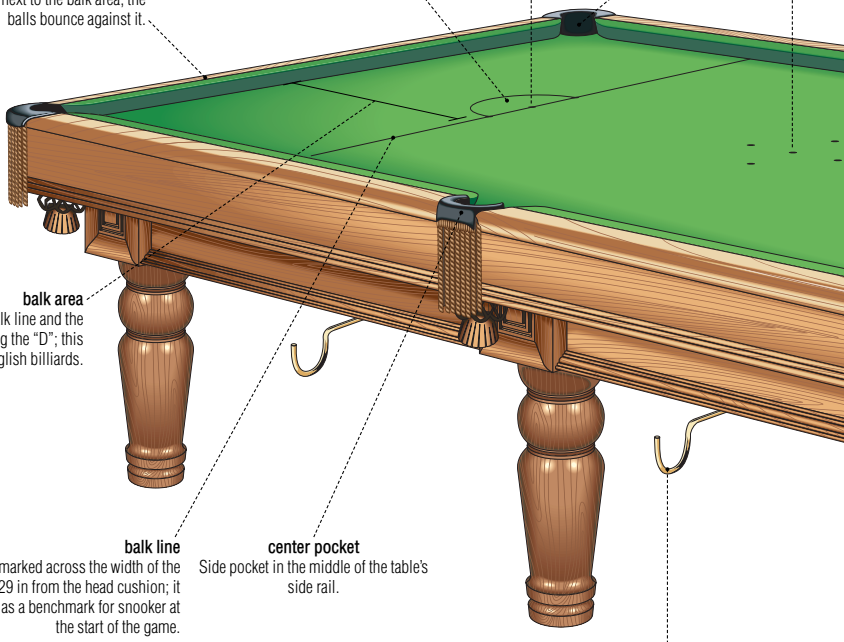


**table**
Surface on which the balls roll; it is supported by legs, has a rectangular top and is horizontal and level.

**balk line spot**
Spot in the middle of the balk line that marks the position of the brown ball in snooker (there are two other spots at the intersections of the balk line and the "D").

**center spot**
Spot that marks the position of the blue ball in snooker; it is located halfway between the center pockets and the head and foot cushions.

**D**
Semicircle whose center is on and in the middle of the balk line; the game starts from here.

**bottom pocket**
Corner pocket located at the head cushion and next to the balk area.

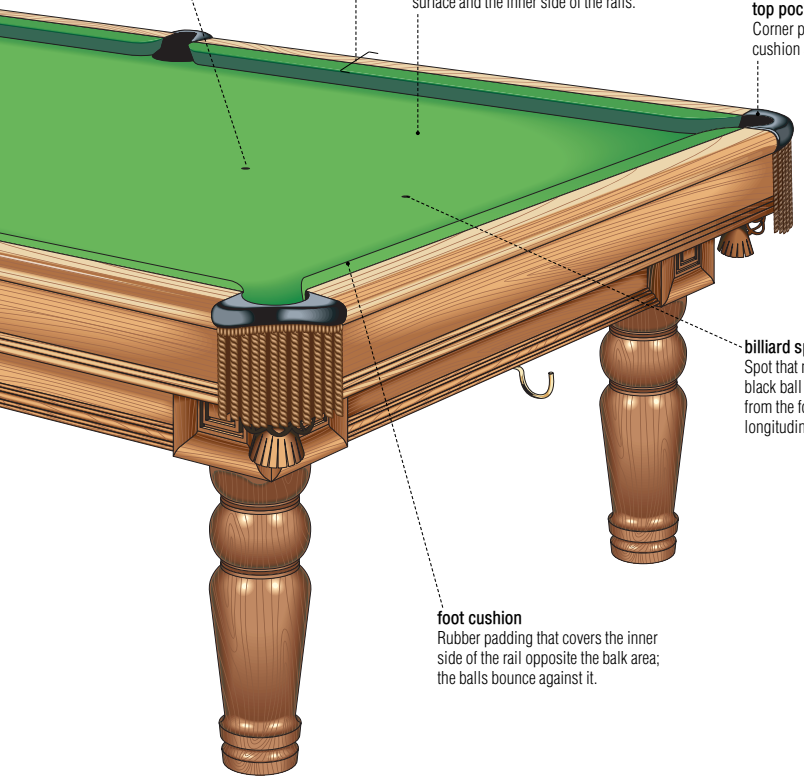
**head cushion**
Rubber padding that covers the inner side of the rail next to the balk area; the balls bounce against it.

**balk area**
Zone bordered by the balk line and the head cushion, including the "D"; this zone is used only in English billiards.

**balk line**
Line marked across the width of the table 29 in from the head cushion; it serves as a benchmark for snooker at the start of the game.

**center pocket**
Side pocket in the middle of the table's side rail.

**hook**
Curved part positioned along the tables that holds the cues and the rack.



**rail**
Table frame to which the rubber is attached and covered with felt; it delimits the playing surface.

**pyramid spot**
Spot that marks the position of the pink ball in snooker; it is halfway between the center spot and the foot cushion on the table's longitudinal center line.

**baize**
Felt fabric that covers the playing surface and the inner side of the rails.

**top pocket**
Corner pocket located at the foot cushion and opposite the balk area.

**billiard spot**
Spot that marks the position of the black ball in snooker; it is about 13 in from the foot cushion on the table's longitudinal center line.

**foot cushion**
Rubber padding that covers the inner side of the rail opposite the balk area; the balls bounce against it.

# billiards

**billiard cue**
Long wooden stick that the player holds to hit the cue ball; the player chooses the cue's diameter, length and weight (no more than 25 oz).

**joint**
Cylindrical part for joining the shaft with the butt of a collapsible cue.

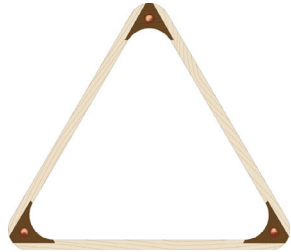
**ferrule**
Piece of hard plastic at the front end of the cue to support the tip.

**butt**
Wide part of the cue; players choose the diameter that best fits their hands.

**shaft**
Tapered part of the cue on which the player places the fingers to line up the shot.

**tip**
Round piece of leather or felt on the end of the cue for hitting the cue ball; it is also the only component that can touch a ball.

**chalk**
Small cube of chalky powder that is rubbed onto the tip of the cue to improve contact with the cue ball.



**rack**
Triangular piece of wood or plastic for lining up the balls on the table at the start of a game.

**bridge**
Stick with a toothed head for shooting with the cue when the cue ball is out of the player's reach.

**endpiece**
Piece of toothed metal to support and guide the cue.

**notch**
Space between the teeth on which the cue's shaft is placed.

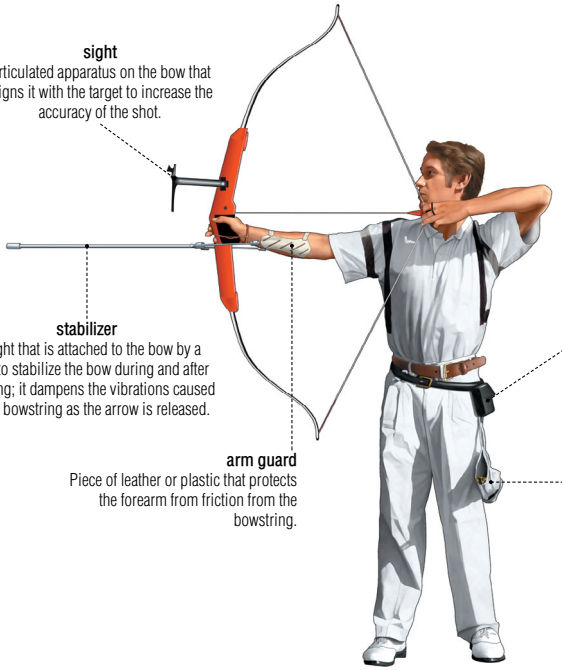
**shaft**
Long part of the bridge; the endpiece is attached to it.

# archery

Sport that consists of using a bow to shoot an arrow as close as possible to the middle of a target set a fixed distance away.

**archer**
Person who practices archery.

**sight**
Articulated apparatus on the bow that aligns it with the target to increase the accuracy of the shot.



**stabilizer**
Weight that is attached to the bow by a shaft to stabilize the bow during and after shooting; it dampens the vibrations caused by the bowstring as the arrow is released.

**arm guard**
Piece of leather or plastic that protects the forearm from friction from the bowstring.

**accessory pouch**

**quiver**
Case that is carried on the back or the hip; the arrows are stored in it during the shoot.

**target**
Surface of varying diameter at which the archer shoots; it is divided into concentric circles corresponding to point zones.

**bull's-eye**
Circle 4.8 in in diameter in the middle of the target; it is 4.3 ft from the ground and worth 10 points. The value of the other circles decreases toward the edge of the target.

**bowstring**
Fibers secured to a bow that were stretched to fire an arrow.

**compound bow**
Bow that uses a system of cables and wheels to increase its shooting power; it requires less effort on the part of the archer when aiming.

# petanque

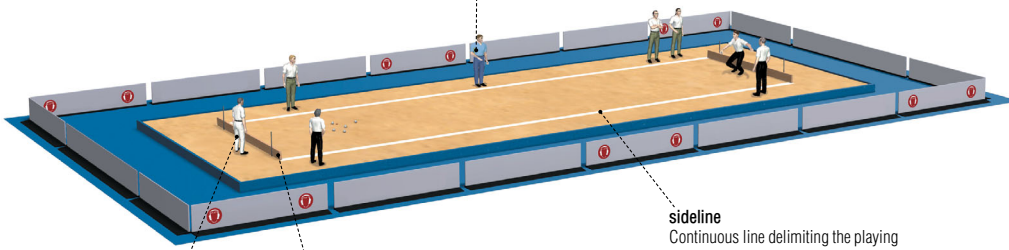
Ball sport that originated in the south of France in which two opposing players or teams throw balls (bowls) as close as possible to a target (jack).

**jack**
Small ball whose diameter is between 1 and 1.35 in; it serves as the petanque target and the point of reference for scoring.

**petanque bowl**
Metal spherical ball that weighs between 1.4 and 1.7 lb and whose diameter is between 2.75 and 3.15 in.

**playing field**
Area laid out for playing petanque; matches can be played on a lawn, earth or sand. For international competitions, the field measures 13 ft x 49 ft.

**referee**
Official who is in charge of enforcing the rules; the referee ensures that the equipment and installation are in compliance.



**sideline**
Continuous line delimiting the playing field along its length; balls are out of bounds if they cross the sidelines.

**scorer**
Official who registers the results of each player or team onto a scorecard.

**stopping board**
Wooden board that is the rear limit of the playing field.

# bowling

Game of U.S. origin that consists of rolling a ball down a lane to knock down pins standing at the end.

**examples of pins**
Their shapes are specific to each variety of the game.

**American duckpin**
One of 10 pins that is lightweight and 9.4 in high; the game is played almost exclusively in the United States.

**Canadian duckpin**
Similar to American duckpin, it has a rubber band around it to make it heavier; this 10-pin game is very widespread in Canada.

**fivepin**
Lightweight pin that is about 12 in high and has a rubber band around it; this five-pin game is very popular in Canada.

**tenpin**
Pin that weighs 3.5 to 3.7 lb and measures 15 in high; this is the most widespread type of bowling in the world.

**candlepin**
Cylindrical pin that is about 16 in high; this game with 10 pins is played in some provinces of Canada and states of the United States.

**shoe**
For a right-handed person, the left sole is made of leather (for sliding) and the right sole of rubber (for stopping).

**bowling ball**
Large ball with three holes for the fingers (thumb, middle and ring fingers) that the player rolls to hit the pins.

# bowling

**bowling alley**
Set of lanes that are made of wood or synthetic material and are laid out for bowling.

**setup**
Set of 10 pins arranged in an equilateral triangle at the end of each lane of the alley.

**pit**
Area at the end of the lane; the hit pins fall into it.

**bowler**
Player who practices bowling; the first world championships for women took place in 1963.

**ball**
Spherical object that is rolled using the hand to knock down the pins; there are two types: light and heavy. The heavy ball has three holes for gripping with the fingers.

**bowler**
Player who practices bowling; the first world championships for men took place in 1954.

**ball return**
Mechanical device (track) between the lanes that returns the balls the players threw toward the setup.

**ball stand**
Area where the bowls rack up after leaving the ball return.

**gutter**
Ditch on both sides of the alley's lanes; a ball that falls into it is out of play.

**score console**
Panel that displays the data of the game in progress (such as points for each frame for each player, total for previous games and the results for each team).

**foul line**
Line behind which the player must stay when rolling the ball down the lane at delivery; crossing this line is a foul.

**approach**
Lane on which the player makes the forward swing (usually three normal steps and one sliding) before rolling the ball.

# golf

Sport whose objective is to complete a set course by hitting a ball with a club; the player who uses the least number of strokes is the winner.

**course**
Area set up in a natural environment for playing golf, usually with 18 holes.

**fairway**
Mown part of the course between the teeing ground for the hole and its green.

**green**
Grass surface mown very short surrounding each of the course's holes; the golfer uses a putter to roll the ball into the hole.

**practice green**
Lawn similar to the green where golfers practice putting.

**cart path**
Lane for golf carts to follow along the course.

**hole**
Grass-covered fairway that is surrounded by plant growth; the golfer covers its distance by hitting a ball, despite the obstacles.

**clubhouse**
Structure located usually near the first and last holes that provides various services to golfers (such as a bar, restaurant and lockers).

**parking**
Area for cars to park.

**sand bunker**
Section of the fairway of varying size that is filled with sand; if the ball becomes stuck here, the player uses a sand wedge to hit it out.

**rough**
Part of the course on the edge of the fairways where the grass grows freely.

**water hazard**
Natural or man-made body of water (such as a lake, pond, river or reservoir) that constitutes an obstacle for the golfer.

**teeing ground**
Grassy surface mown very short from which the player tees off; teeing grounds are arranged at various distances from the hole as a function of the players' skill.

**trees**
Wooded part of the golf course.

**pond**
Small shallow body of water that can be natural or man-made.

# golf

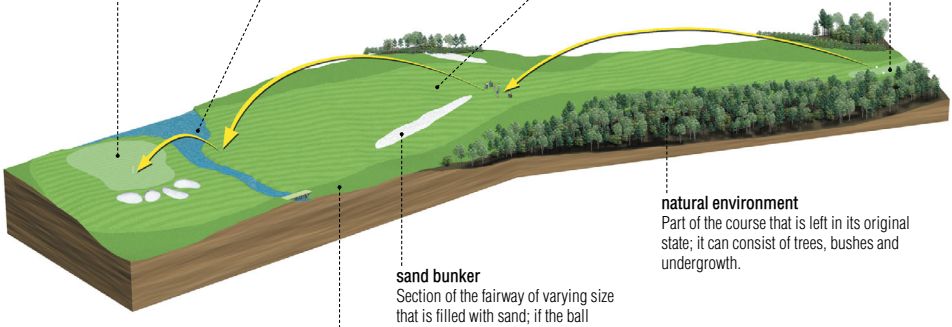
**par 5 hole**
The player tries to reach the green in three strokes and then make two putts to sink the ball in the hole; an eagle is a hole made in two strokes under par.

**teeing ground**
Grassy surface mown very short from which the player tees off; teeing grounds are arranged at various distances from the hole as a function of the players' skill.

**green**
Grass surface mown very short surrounding each of the course's holes; the golfer uses a putter to roll the ball into the hole.

**water hazard**
If the golfer hits a ball into this obstacle, it must be played where it is; if it is unplayable, a new ball is put into play and counted as a penalty stroke.

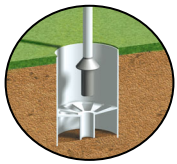
**fairway**
Mown part of the course between the teeing ground for the hole and its green.



**natural environment**
Part of the course that is left in its original state; it can consist of trees, bushes and undergrowth.

**sand bunker**
Section of the fairway of varying size that is filled with sand; if the ball becomes stuck here, the player uses a sand wedge to hit it out.

**rough**
Part of the course on the edge of the fairways where the grass grows freely.



**hole**
Cavity dug out of the green; the player must roll the ball into it to complete a hole.

**removable flag pole**
Long rod with a flag that is planted in a hole to mark the hole's location so that it can be seen from far away.

**golf ball**
Small ball used for playing golf that is about 1.68 in in diameter and weighs no more than 1.62 oz.

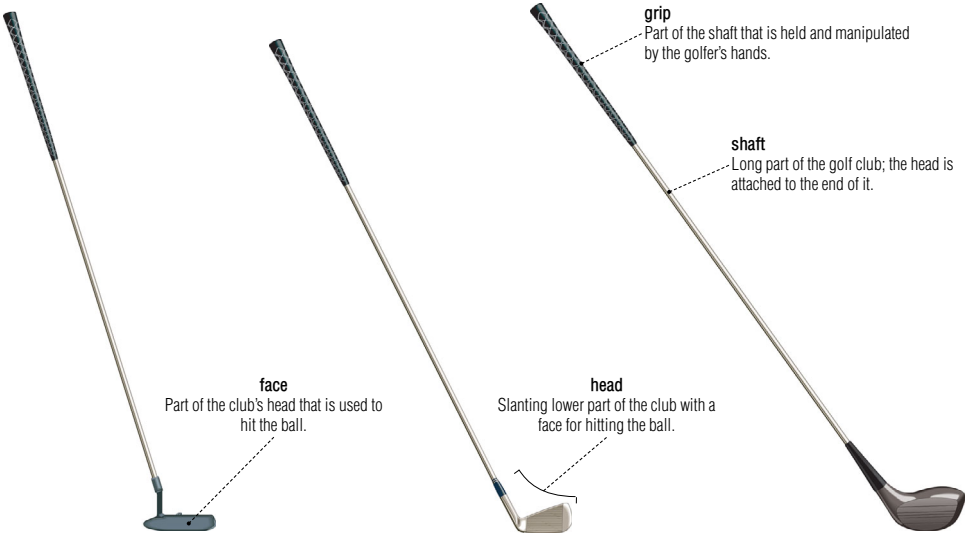
**cover**
Outer part of the ball that is pitted with dimples.

**dimple**
Small cavity in the ball's cover that stabilizes the ball's trajectory in flight.

**tee**
Small wood or plastic base; the ball is hit from it at the start of a hole.

## types of golf clubs

Golf clubs: instruments of various shapes, materials (wood, iron) and functions that are used to hit the ball along the course.



**grip**
Part of the shaft that is held and manipulated by the golfer's hands.

**shaft**
Long part of the golf club; the head is attached to the end of it.

**face**
Part of the club's head that is used to hit the ball.

**head**
Slanting lower part of the club with a face for hitting the ball.

**putter**
Club whose head has a vertical face for putting on the green.

**iron**
Club with a metal head and a shaft that is shorter than the wood's; it is used for medium- and short-distance strokes.

**wood**
Club with a long shaft that is used for long distances, especially at tee-off; originally made of wood, most of these clubs are now made of metal.

**golf bag**
Sack for transporting golf clubs and accessories; a player can use no more than 14 different clubs during a competition.

**shoulder strap**
Large belt that distributes the weight of the golf bag on the shoulder.

**pocket**
Small exterior storage compartment that contains various accessories (such as balls, gloves and tees).

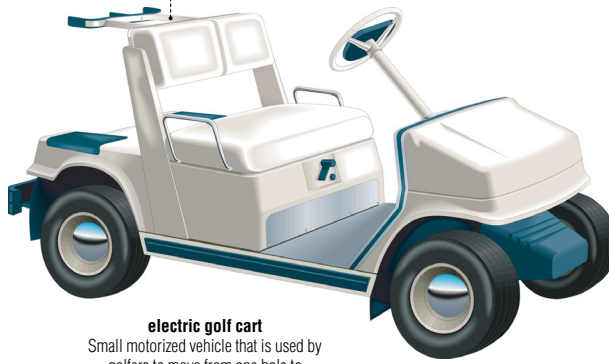
**golf shoes**
Leather shoes with cleats attached to the soles.

**head cover**
Part that covers and protects the head of a golf club while it is not being used.

**golf glove**
Item that covers the hand to provide a better grip on the club; it is worn on one hand only (on the left hand for a right-handed person).

**golf cart**
Two-wheeled rack that is pulled by a handle to transport the golf bag along the course.

**bag well**
Rack at the back of the golf cart in which golfers carry their equipment over the golf course.



**electric golf cart**
Small motorized vehicle that is used by golfers to move from one hole to another along the golf course.

# BMX

Sport that consists of performing freestyle acrobatics using a small, one-speed bicycle.

**helmet**
Hard piece of equipment designed to protect the head.

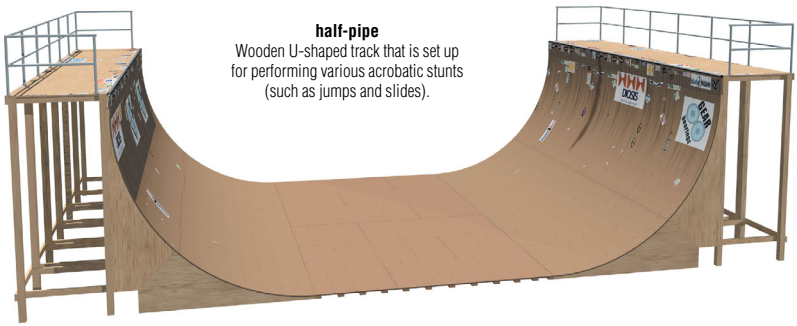
**handlebars**
Grips with a system of rings that pivot around an axle; this enables the handlebars to turn 360°.

**glove**
Leather item that reduces vibration and protects the hand against impact.

**single chain wheel**
Wheel with teeth that is connected to the sprocket by a chain enabling the wheel to turn; the wheel has only one chain wheel as there is only one gear.

**foot pegs**
Supports attached to the hub; the athlete stands on them to perform certain freestyle acrobatics.

**single sprocket**
Wheel with teeth that is connected to the chain wheel by a chain enabling the wheel to turn; the bicycle has only one sprocket as there is only one gear.

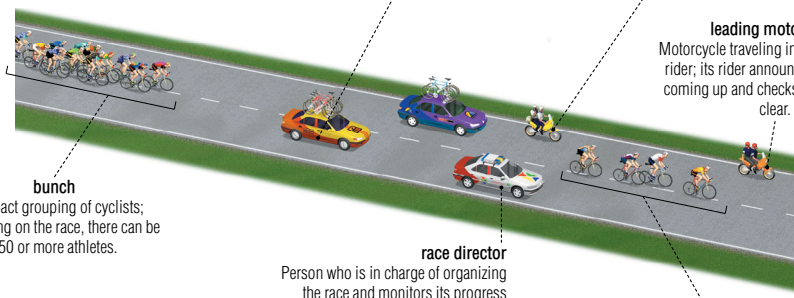


**half-pipe**
Wooden U-shaped track that is set up for performing various acrobatic stunts (such as jumps and slides).

# road racing

Sport that consists of racing a bicycle on a road for one day or in stages.

**road cycling competition**
Event that consists of riding a bicycle a given distance on a road as quickly as possible.



**following car**
Vehicle in which a team's coach, mechanics and trainers ride.

**motorcycle-mounted camera**
Motorcycle used by the cameraman who records the race for broadcast.

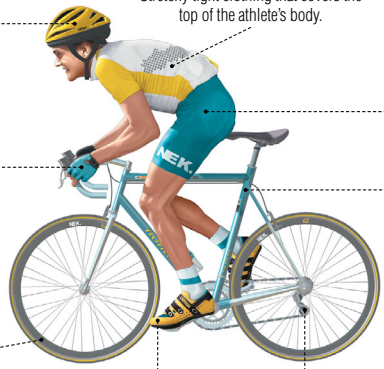
**leading motorcycle**
Motorcycle traveling in front of the first rider; its rider announces the cyclists coming up and checks that the way is clear.

**bunch**
Compact grouping of cyclists; depending on the race, there can be 150 or more athletes.

**race director**
Person who is in charge of organizing the race and monitors its progress from a car.

**leading bunch**
Compact grouping of cyclists at the front of the race.

**road-racing bicycle and cyclist**
Road-racing bicycle: bicycle that is designed for speed; it has narrow tires, a lightweight frame and handlebars conducive to an aerodynamic position for the cyclist.



**jersey**
Stretchy tight clothing that covers the top of the athlete's body.

**helmet**
Hard piece of equipment designed to protect the head.

**shorts**
Tight clothing that covers the athlete's thighs to prevent them from rubbing against the seat.

**glove**
Leather item that reduces vibration and protects the hand against impact.

**frame**
Bicycle structure made of aluminum or carbon fiber; it is rigid, lightweight and very sturdy.

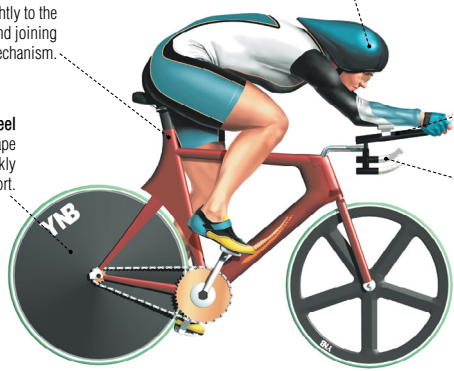
**wheel**
Disk that turns around an axle at its center and enables the bicycle to move; its weight and shape influence the bike's performance.

**shoe**
Shoe with notches in the sole that fit into a corresponding part on the pedal to keep the foot secure on the pedal.

**derailleur**
Mechanism for changing the rear gears by lifting the chain from one gear wheel to another; it allows the cyclist to adapt to road conditions.

# track cycling

Sport that consists of riding a bicycle on a closed track; the two types of track cycling events are speed and endurance.



**helmet**
Rigid piece of protective equipment for the head that is streamlined for maximum aerodynamics.

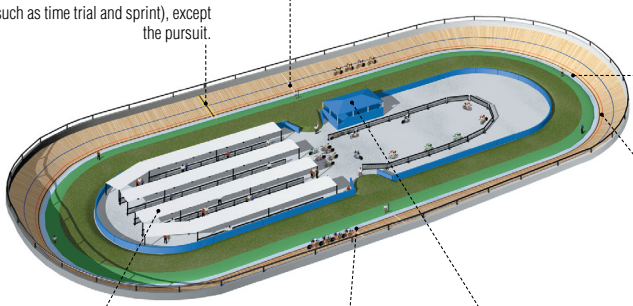
**pursuit bicycle and racer**
Pursuit bicycle: bicycle with limited equipment, that is, no brakes, no derailleur (no gears) and no freewheel.

**seat tube**
Part of the frame leaning slightly to the rear, receiving the seat post and joining the pedal mechanism.

**handlebar**
Grip that extends forward so that the cyclist can ride in an aerodynamic position.

**solid rear wheel**
Wheel whose aerodynamic shape allows the cyclist to go more quickly for a given effort.

**handlebar grip**
Each of the two low-mounted handle grips that allow the rider to start in the dance position (standing on the pedals).



**track**
Inclined oval course that is 250 m long (short track) or 333.33 m or 400 m long (long tracks) and whose width varies from 7 to 9 m.

**finish line**
Point that marks the end of all events (such as time trial and sprint), except the pursuit.

**pursuit line**
Line indicating the start and finish point for the pursuit events.

**blue band**
Strip where a racer gains speed before entering the track (sprint) and leaves it at the end of an event or to recover (American track).

**sprinters' line**
Line that separates two lanes during a race or sprint.

**competitors' compound**
Rest and assistance area for athletes between races where the coaches, mechanics and trainers stand by.

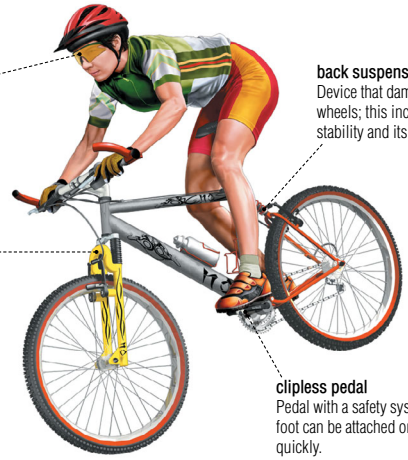
**200 m line**
Point from which the racers are timed in the sprint event.

**jury platform**
Place where the 10 judges stand by to monitor the progress of the race and give the results.

# mountain biking

Sport that consists of performing acrobatic exercises or racing offtrack (on a rough or steep course) on a bicycle.

**cross-country bicycle and cyclist**
Cross-country bicycle: relatively small, sturdy bicycle designed for performing acrobatics and competing in competitions on rough terrain.



**goggles**
Eyewear with plastic lenses fitted in a frame with arms; it protects the eyes from flying mud, stones and insects.

**back suspension**
Device that dampens vibrations from the wheels; this increases the bicycle's stability and its grip on the trail.

**front fork**
Fork whose air/oil or elastomer suspension provides a controlled ride over rough terrain.

**clipless pedal**
Pedal with a safety system so that the foot can be attached or detached quickly.

**downhill bicycle and cyclist**
Downhill bicycle: small, very sturdy bicycle for racing on rough ground with steep hills and strewn with obstacles.

**protective goggles**
One-piece watertight eyewear that protects the eyes from flying mud, stones and insects.

**chin strap**
Part of the helmet that protects the cyclist's chin.

**raised handlebar**
Grip whose elevated position makes the bicycle easier to steer when going downhill.

**pedal with wide platform**
Wide pedal providing good footing.

**hydraulic disc brake**
Brake with jaws that squeeze a disc to slow down the wheel; the braking power is produced by hydraulic pressure.

# car racing

Speed event in which competitors driving race cars must make a predetermined number of laps around a track.

**formula 1 car**
Single-seater for racing on a closed circuit that can reach speeds of 225 mph; formula 1 is very popular in Europe.

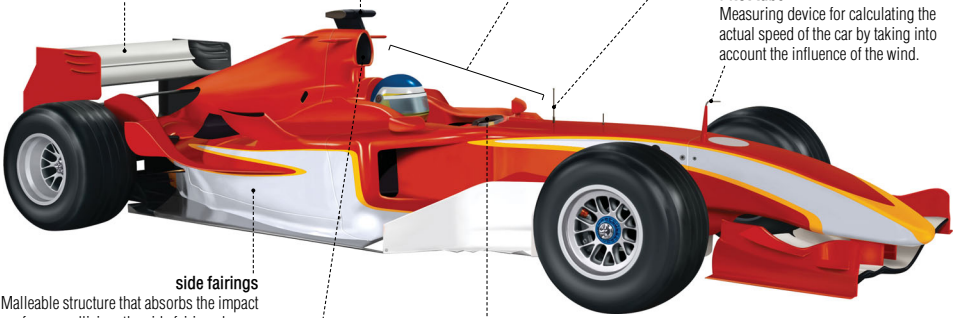
**camera**
Exposure apparatus for following a driver's vehicle during an event; each car is equipped with at least one camera.

**radio antenna**
Device that emits and receives radio waves for communications between the driver and the team during the event.

**wing**
Part using air pressure to increase the load on the rear and front wheels to improve the tires' grip on the track.

**cockpit**
Part of the body where the driver sits that houses the equipment necessary for driving the car.

**Pitot tube**
Measuring device for calculating the actual speed of the car by taking into account the influence of the wind.



**side fairings**
Malleable structure that absorbs the impact from a collision; the side fairings house especially radiators and electronic components.

**roll structure**
Structure composed of metal loops to protect the driver if the car rolls over.

**steering wheel**
Unit enabling the driver to steer the turning wheels; a veritable dashboard, it is equipped with several controls such as the clutch and gear shifter.

**wet-weather tire**
Molded tire used on a wet track to evacuate a large quantity of water. At 185 mph, it evacuates more than 6.5 gallons of water per second.

**dry-weather tire**
Grooved tire providing a good grip on a dry track.

**driver**
Athlete who drives in a car race.

**balaclava**
Cap made of fireproof material that covers the head and neck and leaves the face uncovered.

**undergarment**
Clothing made of fireproof material that is worn under the suit; the undergarment and the driving suit must cover the neck, wrists and ankles.

**flame-resistant driving suit**
Molded one-piece outfit that is made of fireproof material; it protects the driver from serious burns for several seconds.

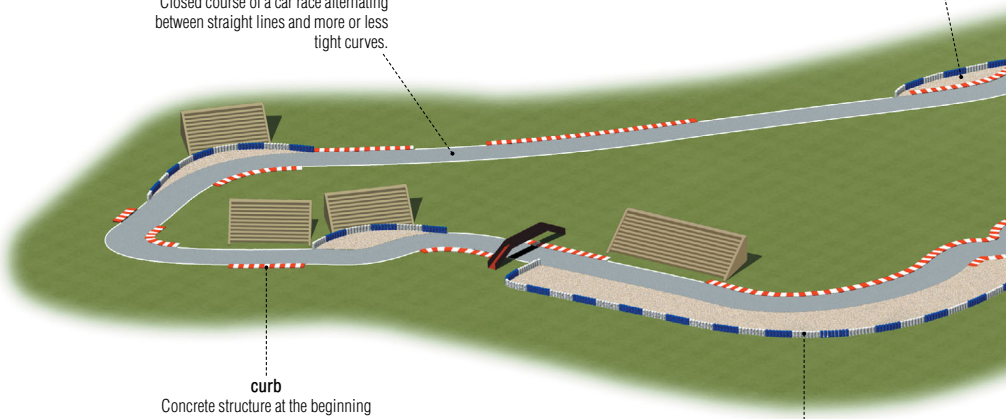
**crash helmet**
Hard piece of equipment designed to protect the head.

**circuit**
Driving surface of various lengths for race cars; the driver completes as many laps as necessary to accumulate 190 mi during a Grand Prix.

**shoe**
Fire-resistant shoe that covers the entire foot and ankle.

**gravel bed**
Clear space located especially at curves where a car can slow down in case of a skid or spin.

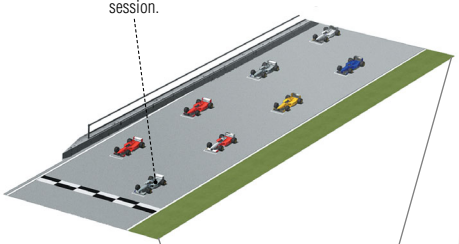
**track**
Closed course of a car race alternating between straight lines and more or less tight curves.



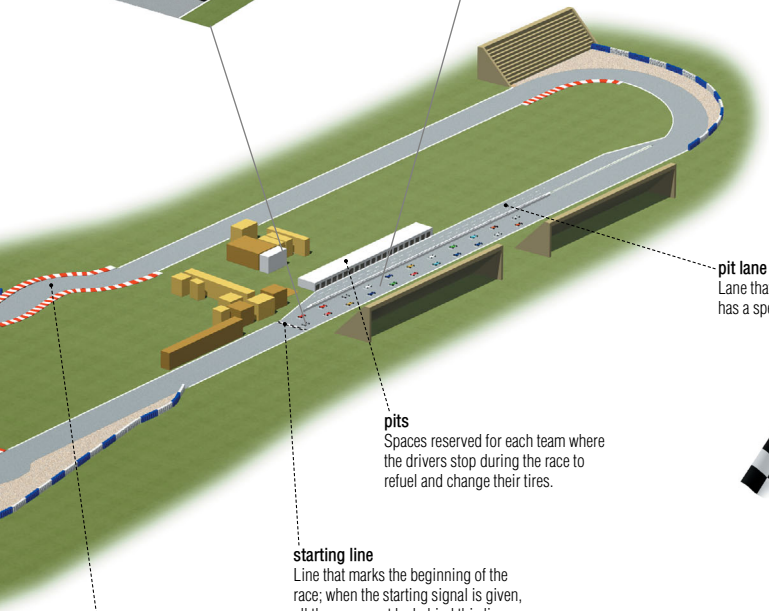
**curb**
Concrete structure at the beginning and end of curves; it provides a visual landmark and delimits the track.

**tire barrier**
Security device for absorbing impact in case of collision or if cars leave the track.

**pole position**
First position at the starting grid that is obtained by the driver who earned the best time during the qualification session.



**starting grid**
Position of the cars at the start of the race according to the time obtained during qualifications; the grid is made up of two cars per line in staggered formation.



**pit lane**
Lane that cars take to get to the pits; it has a speed limit.

**pits**
Spaces reserved for each team where the drivers stop during the race to refuel and change their tires.

**starting line**
Line that marks the beginning of the race; when the starting signal is given, all the cars must be behind this line.

**chicane**
Succession of small tight curves designed to break up a straight fast portion of a circuit; it forces drivers to slow down.

**checkered flag**
Black-and-white checkered flag that signals the end of a race or trial session.

# motorcycling

Competitions involving motorcycles whose engine cylinder size is larger than 125 cubic centimeters.

**supercross circuit**
Sometimes covered, man-made track that is composed of earth or a mixture of sand and clay; it is strewn with obstacles and bumps to incite jumps.

**obstacles**
Elements, such as bumps, spines and bridges, that the racers must clear during an event.

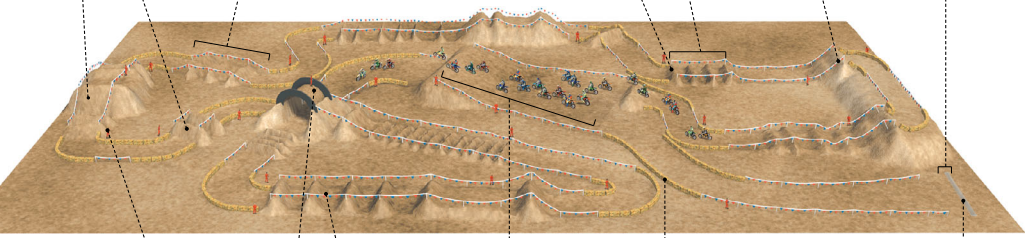
**triple jump**
Obstacle made up of three bumps in a row that the racer must clear in one jump; the motorcycle must land on the far incline of the third bump.

**multiple jumps**
Series of several bumps that the racer clears in a single jump, as opposed to clearing each jump separately.

**start area**
The starting line must be wide enough to accommodate the racers lined up abreast; each one needs a breadth of 3.3 ft.

**bump**
Rounded protrusion on the circuit that constitutes an obstacle for the racers.

**spine**
High bump enabling the racers to perform spectacular jumps.



**marshall**
One of the officials along the track who warn the competitors of potential danger by means of yellow flags.

**riders**
Racers participating in a motorcycling event.

**straw bales**
Protective barriers placed at the curves to absorb impact in the event a racer skids out.

**bridge**
Humped structure that constitutes an obstacle for the racers.

**markers**
Long ribbons on the sides of the track that delimit a safety zone for the racers and spectators.

**starting gate**
Transversal device that serves as the motorcycles' starting point; it folds up or down so that the racers can push off.

**motocross and supercross motorcycle**
Slim lightweight motorcycle for racing on a closed rough circuit with uneven ground, bumps and hillocks.

**glove**
Item that covers the hand and wrist in order to protect them; it is made of synthetic material and is padded inside and out.

**helmet**
Hard piece of equipment designed to protect the head.

**protective suit**
Clothing consisting of a top and pants that protect the driver in the event of a fall; protection (such as for the elbows, knees and back) is optional.

**protective goggles**
Equipment that protects the eyes; it is covered with several layers of plastic, which the driver peels off when they become dirty.

**pants**
Garment for the lower body; it extends from the waist or the hips to the ankles, covering each leg separately.

**hand protector**
Rigid part in front of the handlebar to protect the hand in the event of impact.

**number plate**
Rectangular plate on the front and sides of the motorcycle; it carries a number to identify the driver.

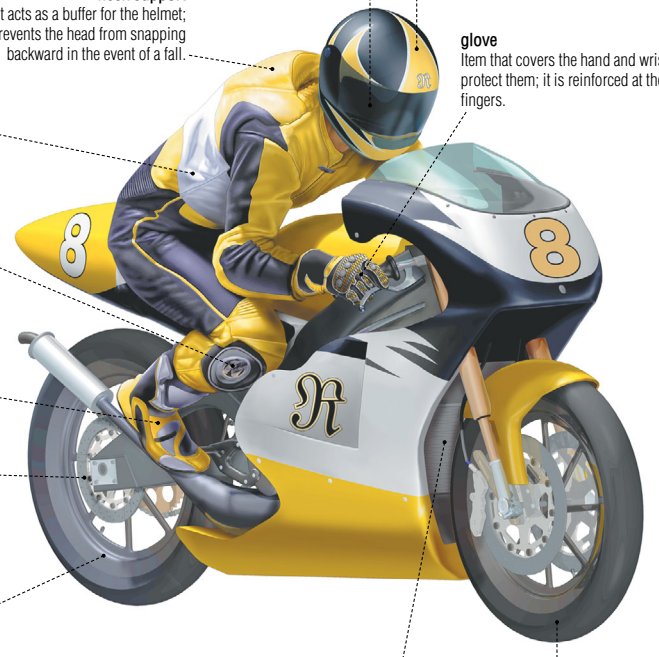
**fork**
Sliding tube that encloses a spring; it forms the steering, suspension and shock-absorbing mechanisms of the front wheel.

**nubby tire**
Tire whose tread is fitted with blocks of rubber, providing better traction on rough terrain.

**boot**
High leather boot protecting the ankles.

**protective plate**
Metal part under the motorcycle that protects it from shocks and prevents it from striking obstacles.

**speed grand prix motorcycle and rider**
Speed grand prix: streamlined motorcycle designed to race on a usually flat, closed road circuit; it can reach speeds of 200 mph.



**visor**
Pull-down part of the helmet; it is sturdy and transparent and protects the driver's eyes and face while providing good visibility.

**full face helmet**
Rigid piece of equipment that protects the head; it is equipped with a visor and a chin cup.

**neck support**
Part that acts as a buffer for the helmet; it prevents the head from snapping backward in the event of a fall.

**glove**
Item that covers the hand and wrist to protect them; it is reinforced at the fingers.

**racing suit**
One-piece suit that protects the driver in the event of a fall; it provides protection for the hips, knees and elbows.

**rub protection**
Hard plastic part attached by Velcro® to the place where the suit rubs the most often on the track in order to provide additional protection.

**boot**
High leather boot protecting the ankles.

**disc brake**
Braking mechanism comprising a disc attached to the wheel, whose rotation is slowed down when the brake pads exert friction on it.

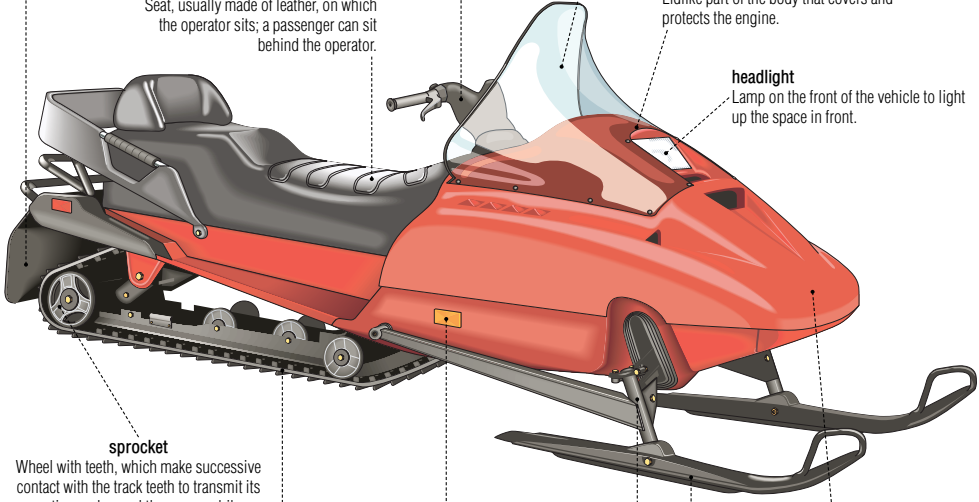
**wheel**
Circular unit turning around an axle; it supports the weight of the vehicle and transmits the thrust, steering and braking actions.

**air intake for engine cooling**
Opening for letting the outside air in to cool the engine.

**tire**
Circular deformable unit made of rubber, mounted on the wheel and inflated with air, providing the connection between the motorcycle and the road, absorbing the unevenness of the road.

# snowmobile

Motorized vehicle with a track and skis for moving rapidly on snow; some snowmobiles reach speeds of 125 mph.



**handlebars**
Device made up of two handles that the operator manipulates to steer the snowmobile.

**windshield**
Resistant glass and plastic panel that protects the operator from the wind and inclement weather.

**snow guard**
Rubber or plastic part attached to the rear of the track that protects against flying snow.

**seat**
Seat, usually made of leather, on which the operator sits; a passenger can sit behind the operator.

**cab**
Lidlike part of the body that covers and protects the engine.

**headlight**
Lamp on the front of the vehicle to light up the space in front.

**sprocket**
Wheel with teeth, which make successive contact with the track teeth to transmit its motion and propel the snowmobile.

**track**
Belt into which the sprockets mesh; it provides the snowmobile's traction.

**reflector**
Device that reflects light back to its source to make the snowmobile visible at night.

**body**
Snowmobile structure that houses and protects the mechanical components.

**shock absorber**
Cylindrical device that is attached to the ski and coupled with a spring; it absorbs shocks caused by unevenness on the snow.

**ski**
Relatively wide blade that is attached to the front of the snowmobile and allows it to glide on snow; the skis are steered by the handlebars.

## personal watercraft

Motorized boat that moves quickly on water (about 65 mph); it is propelled by a turbine that sucks in water in front of it and shoots it out behind.

**seat**
Waterproof seat on which the operator sits; one or two passengers can sit behind the operator.

**handlebar**
Device made up of two handles that are manipulated by the operator to steer the boat.

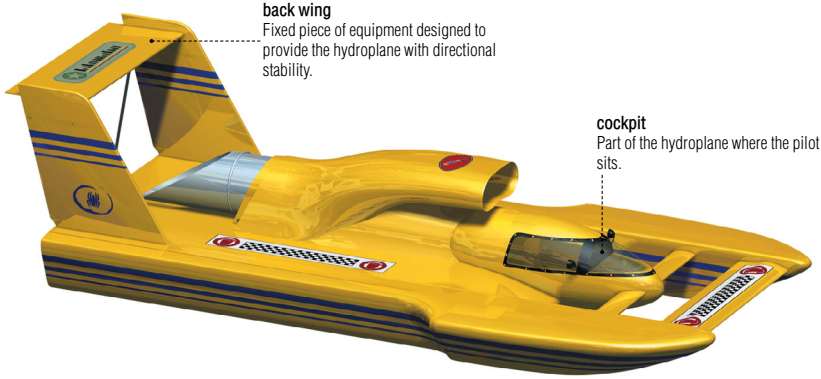
**mirror**
Mirror fixed to the hood; it allows the operator to see behind and to the side of the vehicle without turning.

**sponson**
One of the two wings attached to the sides of the hull at the stern; the sponsons make the boat more stable and maneuverable.

**hull**
Watertight part of the structure whose aerodynamic shape provides the boat's flotation and allows it to glide quickly on water.

## hydroplane

Racing boat that runs on a cushion of air and reaches a maximum speed of 190 mi/h.



**back wing**
Fixed piece of equipment designed to provide the hydroplane with directional stability.

**cockpit**
Part of the hydroplane where the pilot sits.

# ice hockey

Sport that is played on an ice rink with two opposing teams of six players; goals are scored by using a stick to put a puck in the opposing net.

**ice hockey player**
Member of an ice hockey team; players wear a variety of protective equipment to prevent injury caused by falls or body checks.

**helmet**
Hard piece of equipment designed to protect the head.

**visor**
Transparent piece of equipment secured to the front of the helmet to protect the eyes and upper face.

**team's emblem**
Logo representing the team that is printed on the front of the jersey.

**glove**
Padded covering for the hand and wrist that takes the shape of the fingers; it must be flexible enough to provide a good grip on the stick.

**player's number**
Number that identifies the hockey player; numbers range from 1 to 99 and are sewn onto the back and the sleeves of the jersey.

**pants**
Padded clothing attached around the waist by a belt or suspenders; they protect the pelvis, buttocks and thighs.

**stocking**
Stretchy piece of fabric that covers the leg and thigh; it is worn over the pads to keep the muscles warm.

**skate**
Reinforced boot equipped with a blade for gliding over ice.

**blade**
Narrow metal blade that is attached to the skate boot; its curved ends help the player to turn.

**puck**
Black disk that is made of hard rubber; the puck is refrigerated before a game to improve its sliding action and reduce bouncing.

**player's stick**
Long, traditionally wooden stick that consists of a blade set at an angle to a shaft.

# ice hockey

**rink**
Ice surface on which a hockey game is played; a game consists of three 20-minute periods with two 15-minute intermissions.

**left defense**
Position to the left of the center and behind the wing; this player tries to prevent the opponent from approaching the goal.

**glass protector**
Reinforced glass panel that is mounted on top of the boards to protect spectators from high shots and players' sticks.

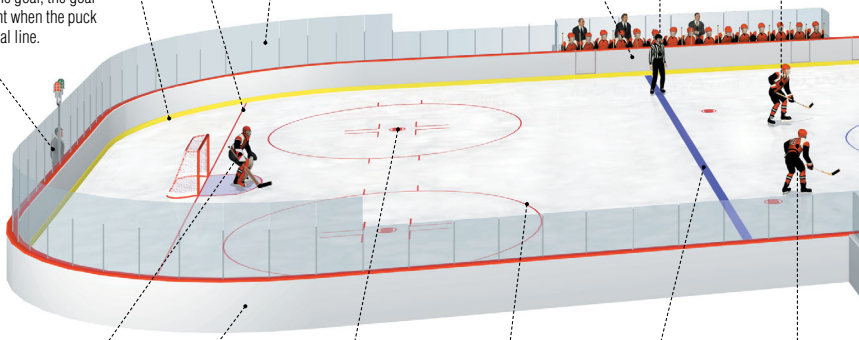
**goal line**
Red line that the puck must cross for a goal to be scored; the red line also marks the icing line.

**linesman**
One of two officials who signal offsides and icings; they do most of the face-offs and also signal infractions to the referee.

**rink corner**
The four rounded corners of the rink where body checks are often thrown.

**players' bench**
Bench used by the coaches and by inactive players; each team has about 20 players but only six are on the ice at the same time.

**goal judge**
Off-ice official who is positioned at the end of the rink behind the goal; the goal judge turns on a red light when the puck crosses the goal line.



**goalkeeper**
Player whose role is to prevent the puck from entering the goal; the goalkeeper usually plays the entire game.

**face-off spot**
Each of the spots where a referee or linesman drops the puck to put it in play.

**blue line**
Two lines that divide the rink into three equal parts; an offside is called when a player crosses the opposing blue line before the puck.

**boards**
Wooden or fiberglass boards that surround the rink and delimit the playing area.

**face-off circle**
Circle around each of the five face-off spots; two players line up on each side of this spot for a face-off while the other players remain outside the circle.

**right defense**
Position to the right of the center and behind the wing; this player tries to prevent the opponent from approaching the goal.

**left wing**
Offensive position to the left of the center; this player's role is to score goals and to check the opposing left wing.

**referee**
Official who is responsible for applying the rules; the referee, who wears a red armband, officiates and drops the puck for face-offs at the start of a period.

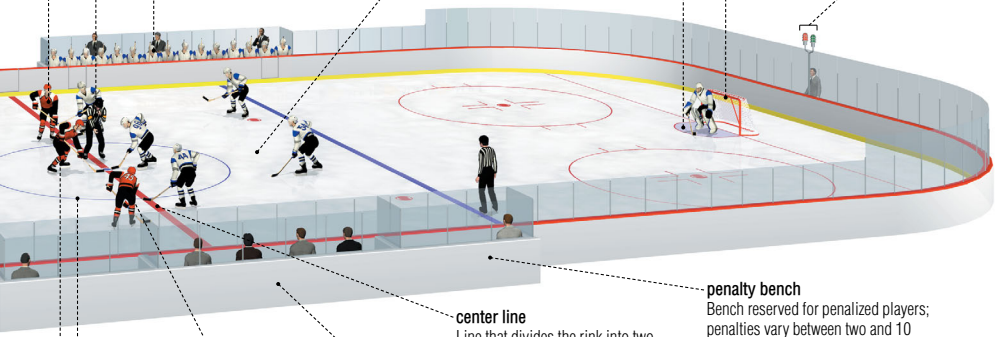
**goal crease**
Semicircle reserved for the goalkeeper; the referee disallows a goal if a player interferes with the goalkeeper inside the goal crease.

**goal**
Cage formed of netting mounted on a metal frame; a team scores a goal each time it lodges the puck inside the opposing goal.

**coach**
The team's leader; the coach plots strategy and decides who plays in different situations.

**neutral zone**
Area between the two blue lines where player changes are made and where various offensive and defensive strategies are initiated.

**goal lights**
The red light signals a goal while the green light, which is connected to the official time clock, signals a stoppage in play or the end of a period.



**penalty bench**
Bench reserved for penalized players; penalties vary between two and 10 minutes, depending on the seriousness of the infraction.

**center line**
Line that divides the rink into two zones, one for each team; teams change zones after each period.

**right wing**
Offensive position to the right of the center; this player's role is to score goals and to check the opposing right wing.

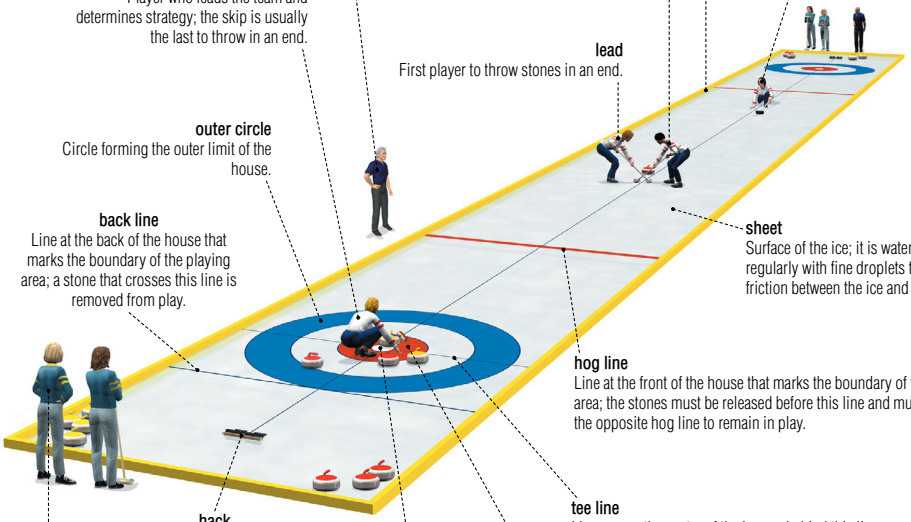
**officials' bench**
Bench reserved for some of the off-ice officials (timekeeper and penalty keeper, scorer, announcer).

**center face-off circle**
Circle in the middle of the rink; face-offs are held in the center circle at the start of a period and after a goal.

**center**
Player who usually takes the face-offs; a key player on a team, the center plays an offensive and a defensive role.

# curling

Sport with two opposing teams of four players who slide stones over an ice surface in the direction of a target.



**sheet**
Ice surface on which a match is played; when an end is complete, the next end starts from the opposite end of the sheet.

**lateral line**
Band or line that delimits the sides of the sheet; a stone that strikes the lateral line is removed from play.

**vice-skip**
Player who assists the skip in devising playing tactics; the vice-skip usually throws third in an end.

**umpire**
Official who is responsible for applying the rules; in particular, the umpire rules on the correctness of throws and determines the distance between the stones and the tee.

**second**
Second player to throw stones in an end.

**skip**
Player who leads the team and determines strategy; the skip is usually the last to throw in an end.

**lead**
First player to throw stones in an end.

**outer circle**
Circle forming the outer limit of the house.

**back line**
Line at the back of the house that marks the boundary of the playing area; a stone that crosses this line is removed from play.

**sheet**
Surface of the ice; it is watered regularly with fine droplets to reduce friction between the ice and the stone.

**hog line**
Line at the front of the house that marks the boundary of the playing area; the stones must be released before this line and must cross the opposite hog line to remain in play.

**tee line**
Line across the center of the house; behind this line, players are allowed to brush in front of an opponent's stone in an effort to make it overshoot the house.

**hack**
Rubber foothold at each end of the sheet that the thrower uses to push off.

**curler**
Curling player who throws two stones in each of the 10 ends that make up a match.

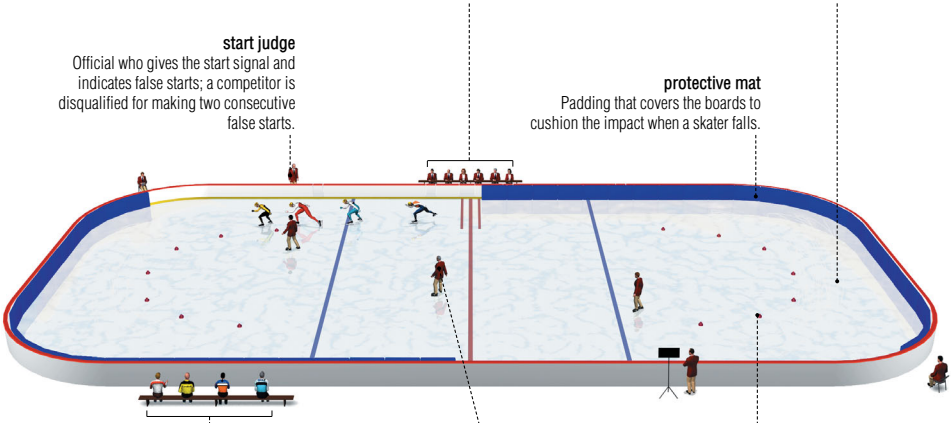
**tee**
Circle forming the center of the house; once all the stones are thrown, the team with the stone closest to the tee wins the end.

**inner circle**
Circle surrounding the tee.

# speed skating

Race on ice between individuals or teams held on a long or short track.

**short track**
Four to six skaters who race against one another; the skater who finishes with the fastest time wins the race.



**finish judges**
Officials who determine the order in which the skaters finish.

**track**
Oval 120 yd long on a standard rink; unlike the long track, there are no reserved lanes.

**start judge**
Official who gives the start signal and indicates false starts; a competitor is disqualified for making two consecutive false starts.

**protective mat**
Padding that covers the boards to cushion the impact when a skater falls.

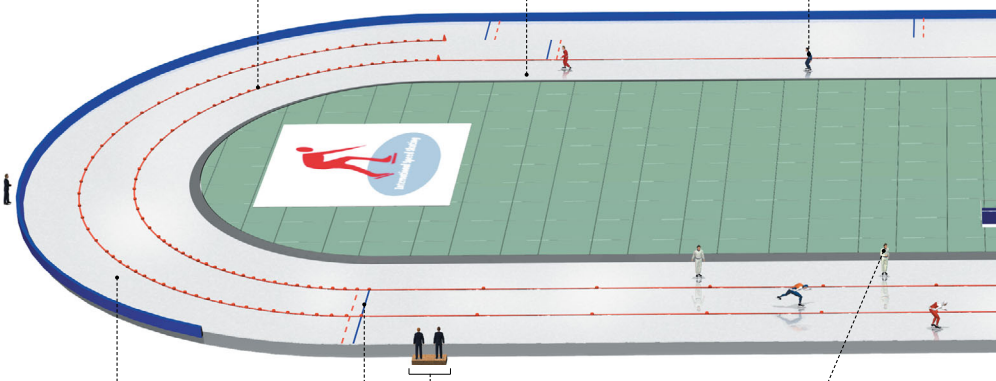
**coaches**
Individuals who train the skaters; they devise strategy and give instructions to the skaters throughout the race.

**chief referee**
Official who is responsible for applying the rules; in particular, the chief referee is authorized to disqualify a competitor who commits a fault.

**marker**
Each of the markers bordering the track; it is made of rubber or plastic and is not affixed to the ice to avoid damaging it.

# speed skating

**long track**
Two competitors occupy specific lanes; they take off simultaneously and skate against a clock on an oval track 400 m long.



**marker**
Each of the pylons that delimits a lane.

**warm-up lane**
Lane that speed skaters use to prepare for the race.

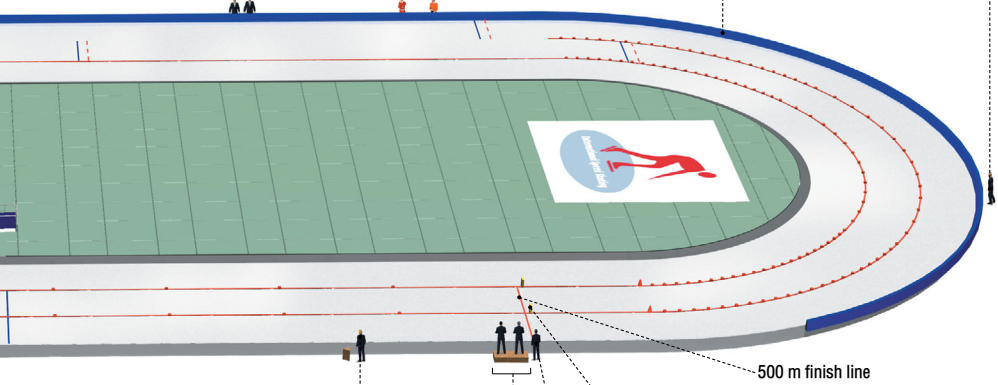
**referee**
Official who is responsible for applying the rules; the referee ensures that the competition runs smoothly and makes decisions on disputes.

**lane**
Strip that is reserved for a skater during a race; after every lap, competitors change lanes to equalize the distance covered.

**start judges**
Officials who give the start signal and indicate false starts; a competitor who makes two consecutive false starts is disqualified.

**assistant referee**
Official who assists the referee in his or her functions.

**500 m start line**



**protective mat**
Padding that covers the boards to cushion the impact when a skater falls.

**assistant judges**
Officials placed near the crossover area to ensure that lane changes are executed properly.

**coaches**
Individuals who train the skaters; they devise strategy and give instructions to the skaters throughout the race.

**track judge**
Official who ensures that competitors skate in the proper lanes, create no obstruction and perform their turns properly.

**500 m finish line**

**lap counter**
Official who uses a counter to indicate the number of laps left to the skaters; the lap counter also rings a bell at the start of the last lap.

**electronic timing system**
Device that automatically records skaters' finish times.

**timekeepers**
Officials positioned at the finish line to ensure that the electronic timing system functions properly; they keep time manually if necessary.

**finish judge**
Official who ensures that the finish conforms to regulations.

**skater: short track**
Because of the high risk of falling and the close proximity of competitors, short-track speed skaters wear protection on vulnerable parts of the body.

**helmet**
Hard piece of equipment designed to protect the head.

**glove**
Covering for the hand and wrist that reduces the risk of injury, especially on turns where the skater places a hand on the ice.

**knee pad**
Piece of equipment made of hard molded plastic that protects the knee.

**throat protector**
Nylon neck guard that is worn under the racing suit to protect the skater's neck and throat.

**shin guard**
Piece of equipment that consists of hard molded plastic to protect the skater's legs.

**skater: long track**
The long-track speed skater wears an aerodynamic racing suit with a hood and an armband; competitors on inside and outside lanes wear different colors.

**hood**
Headgear attached to the neck of the racing suit; it is pulled over the head before a race to improve aerodynamics.

**racing suit**
Skintight one-piece garment that reduces air resistance; short-track speed skaters wear a similar racing suit but one without a hood.

**short track skate**
Skate with a blade that is curved in the direction of the turn and offset to the left for better cornering at high speed.

**clapskate**
Long-track skate with a blade that detaches from the heel; it provides longer contact with the ice to improve thrust.

# figure skating

Sport that consists of executing jumps, spins and figures while skating to music; it includes singles skating, pairs skating and ice dancing.

**figure skate**
Reinforced boot with a blade that makes it possible to glide over the ice; figure skating is hard on the ankles so the skate provides maximum ankle support.

**lining**
Padded layer of fabric or leather that covers and protects the inside of the boot.

**tongue**
Piece that extends from the boot and prevents the foot from rubbing against the lace; it is lifted to slip the foot into the boot.

**hook**
Small piece of curved metal used to attach the lace.

**lace**
Narrow cord of fabric or leather, flat or round, that is threaded through eyelets or hooks to tighten the boot.

**backstay**
Reinforcement at the back of the boot.

**eyelet**
Small metal-rimmed hole through which the lace passes.

**boot**
Sturdy flexible boot with a lace; it protects and supports the foot and ankle and is made of leather or synthetic materials.

**sole**
Sturdy plastic or wooden sole that forms the bottom of the boot; the blade screws into the sole.

**heel**
Stiff part underneath the boot that supports the back of the foot.

**stanchion**
Vertical part that extends up from the blade to secure it to the sole.

**edge**
Part of the blade that bites into the ice; the blade has two edges (inside and outside), which are separated by a groove.

**blade**
Narrow tapering strip of metal that is attached to the sole; the lower part is made of hardened steel to keep the edges sharp.

**toe pick**
Small teeth at the front end of the blade; they serve as the pivot point during spins and also make it possible to take off and land during jumps.

**rink**
Ice surface on which skaters execute their programs; program duration varies depending on the event (between 2 min. 40 sec. and 4 min. 30 sec.).

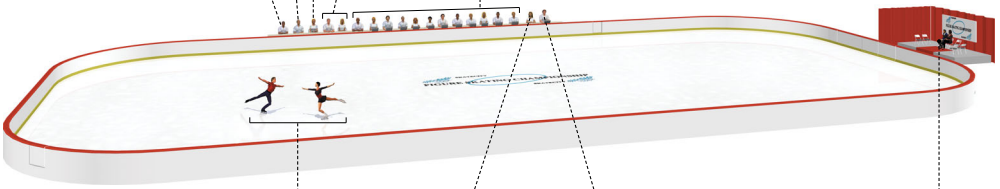
**assistant referee**
Individual who assists the referee and is authorized to replace him or her if necessary.

**referee**
Official who is responsible for the eligibility of officials, skaters and the judging panel and the allowability of controversial decisions.

**technical delegates**
Official who ensures that technical installations are in compliance with the standards of the International Skating Union (ISU).

**timekeeper**
Person who monitors the length of performances to ensure that skaters respect the allotted time.

**judges**
Officials who are responsible for evaluating performances; during international competitions, nine judges are chosen at random from the nations represented.



**pair**
Team formed of a man and a woman; like singles skaters, pairs take part in two events: the technical program and the free program.

**technical controller**
Official who supervises the work of the technical specialist. He or she can immediately correct any error observed.

**technical specialist**
Official who identifies the technical elements performed by the skater and their level of difficulty. The information is then transmitted to the judges.

**coaches**
Individuals who oversee the training and preparation of skaters for competitions; coaches provide final advice prior to performances.

**dance blade**
Blade whose heel is shorter and whose toe picks are less pronounced to facilitate the execution of complex movements and to prevent the toe picks from catching.

**free skating blade**
Blade with toe picks that facilitate the execution of jumps and spins; its curvature is more pronounced than that of the dance blade.

# bobsled

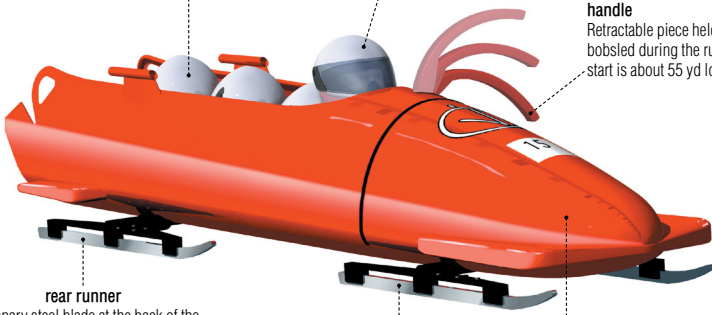
Sport that consists of racing down an icy track on a two- or four-person bobsled; bobsleds reach speeds of over 85 mph.

**four-person bobsled**
Bobsled: vehicle on runners that has steering and braking systems; the four-person bobsled team includes a captain, two crewmen and a brakeman.

**brakeman**
Bobsledder who operates the brake after the finish; the brakeman is the last to climb onto the bobsled at the start.

**captain**
Bobsledder who issues instructions and steers the bobsled; he is the first to take position after the push start and is the only one who does not lean forward during the race.

**handle**
Retractable piece held to push the bobsled during the running start; this start is about 55 yd long.

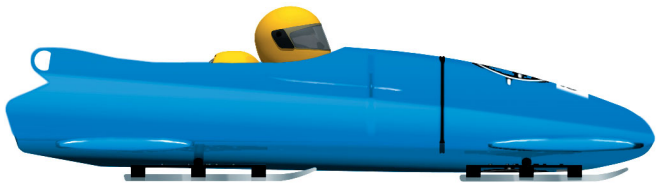


**rear runner**
Stationary steel blade at the back of the bobsled that enables it to slide over the ice.

**front runner**
Movable steel blade at the front of the bobsled that enables it to slide over the ice; the front runners are connected to the steering system.

**shell**
Aerodynamic compartment that is usually made of fiberglass; a crew whose weight is less than the allowable limit can carry extra weight.

**two-person bobsled**
Bobsled designed for a crew of two (a captain and a brakeman); it is shorter and lighter than the four-person bobsled.



# luge

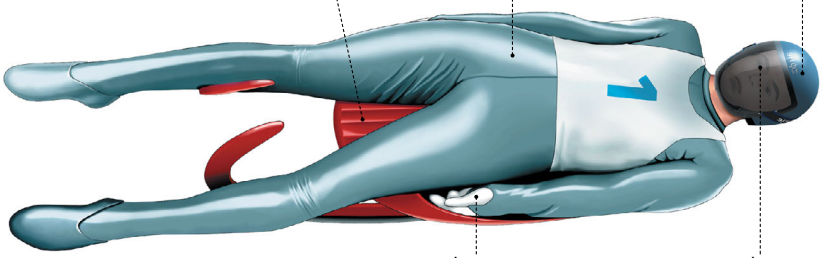
Speed sport that consists of racing down an icy track on a singles or doubles luge; luge racers lie on their backs with their feet forward and reach speeds of 90 mph.

**luge racer**
Athlete who practices luge; the luge racer starts a race in a seated position, then uses the runners to generate momentum and the hands to accelerate before lying down.

**sled**
Wooden fiberglass or plastic platform with a backless seat; luge racers lie on their backs.

**one-piece suit**
Skintight one-piece garment that reduces air resistance; a luge racer can carry extra weight underneath the suit to reach the maximum allowable weight.

**crash helmet**
Hard piece of equipment designed to protect the head.

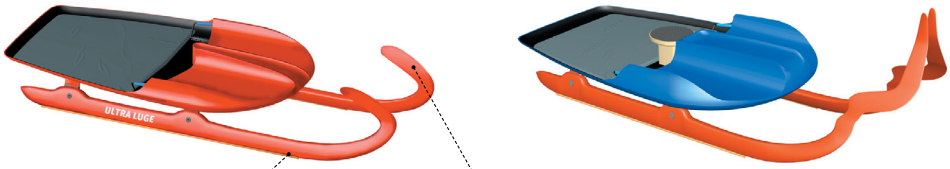


**glove**
Covering for the hand and wrist; the fingertips contain studs for greater manual traction at the start.

**visor**
Transparent or tinted piece of equipment that is attached to the front of the helmet and tucks under the chin to reduce air resistance; it protects the eyes and the face.

**singles luge**
Luge designed for a single racer; it is shorter and lighter that the doubles luge.

**doubles luge**
Luge designed for two racers; the luge racer on top (the heavier of the two to improve aerodynamics) is held in place by a strap.



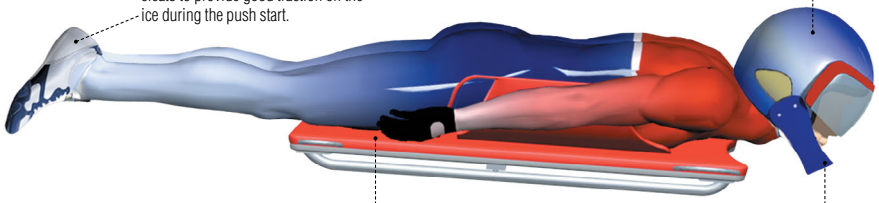

**edge**
Sharp part that forms the edge of the blade; the blade is a metal piece placed under the runner so that the luge can slide over the ice.

**runner**
Piece or wood or fiberglass that is attached to the bottom of the sled; the luge racer steers by applying foot pressure to the front of the runners.

# skeleton

Sport that consists of racing down an icy track on a skeleton, which can reach speeds of 85 mph; sledders lie head forward on their stomachs.

**sledder**
Athlete who practices the skeleton. The sledder wears an aerodynamic suit; extra protection may be worn on the elbow and other vulnerable areas.



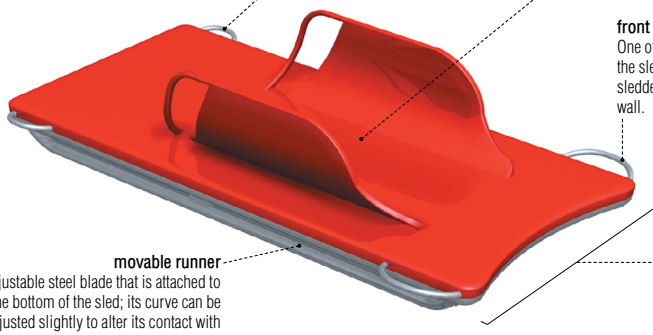
**crash helmet**
Rigid piece of equipment designed to protect the head; crash helmet visors and chin guards are mandatory.

**cleated shoes**
Shoes whose sole contains small cleats to provide good traction on the ice during the push start.

**skeleton**
Steel or fiberglass sled that is mounted on movable runners; the sledder steers the skeleton by transferring body weight from side to side.

**chin guard**
Hard piece that is attached to the helmet to protect the chin if it hits the ice.

**skeleton**
Steel or fiberglass sled that is mounted on two movable runners; the sledder pushes the sled at the start and then lies down on it for the descent.



**rear bumper**
One of the side pieces attached at the back of the sled; it absorbs shocks and protects the sledder in the event of contact with the track wall.

**seat**
Part of the sled on which the sledder lies.

**front bumper**
One of the side pieces attached at the front of the sled; it absorbs shocks and protects the sledder in the event of contact with the track wall.

**movable runner**
Adjustable steel blade that is attached to the bottom of the sled; its curve can be adjusted slightly to alter its contact with the ice surface.

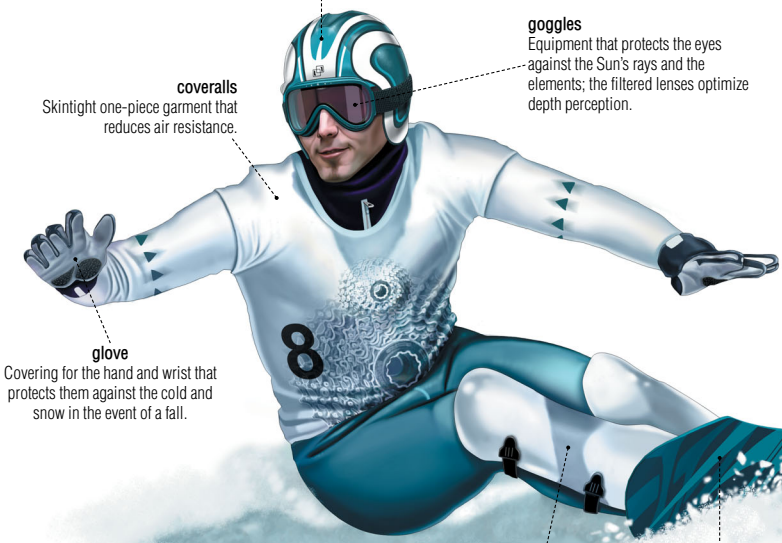
**sled**
Platform equipped with a backless seat on which the sledder lies.

# track

Concrete structure that is covered with an artificial sheet of ice; bobsled, luge and skeleton races are held on it.

# snowboarding

Sport that consists of sliding over a snow-covered surface on a board fitted with foot bindings; the snowboard is steered by bending the knees.



**snowboarder**
Athlete who practices snowboarding; the snowboarder usually specializes in one particular discipline.

**helmet**
Rigid piece of equipment that is designed to protect the head; helmets are mandatory for racing.

**goggles**
Equipment that protects the eyes against the Sun's rays and the elements; the filtered lenses optimize depth perception.

**coveralls**
Skintight one-piece garment that reduces air resistance.

**glove**
Covering for the hand and wrist that protects them against the cold and snow in the event of a fall.

**shin guard**
Piece of equipment made of hard molded plastic that protects the snowboarder's legs.

**snowboard**
Board with foot bindings that is designed for sliding over snow-covered surfaces.

**flexible boot**
Flexible boot that is designed for freestyle and all-terrain snowboarding; it allows the snowboarder to perform a broad range of movements and figures.

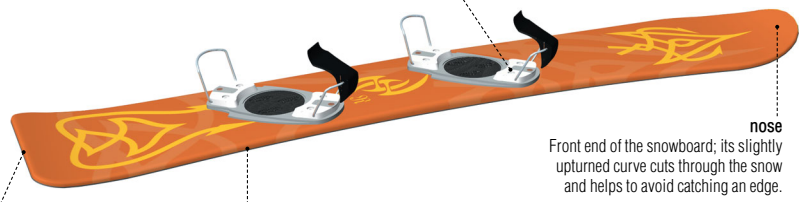
**hard boot**
Boot used for alpine events; it provides firm support and makes it possible to immediately transfer body movement to the board.

**freestyle snowboard**
Wide flexible snowboard used for figures; the nose and tail are identical so that the snowboarder can take off and land in both directions.

**soft binding**
Binding used with flexible boots; the soft binding has straps to secure the foot and padded ankle supports.

**alpine snowboard**
Long narrow rigid snowboard that is designed to reach high speeds.

**plate binding**
Binding used with hard boots; it has a metal toeplate that keeps the boot firmly in place to provide maximum stability.



**nose**
Front end of the snowboard; its slightly upturned curve cuts through the snow and helps to avoid catching an edge.

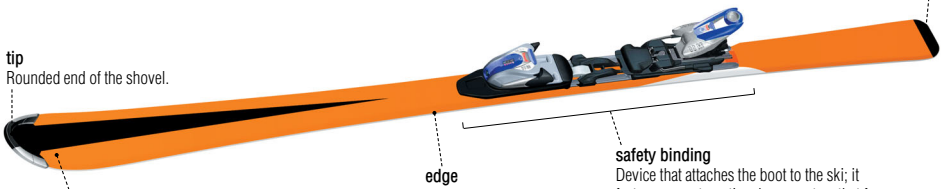
**tail**
Back end of the snowboard; unlike the tail of the freestyle snowboard, the alpine snowboard tail is not designed for going backward.

**edge**
Metal edge along the sole of the snowboard; the edge digs into the snow and makes turning possible.

# alpine skiing

Sport that consists of racing on alpine skis down a snow-covered slope with a medium or steep drop.

**ski**
Long board with foot bindings that is designed for gliding over a snow-covered surface; it is usually made of wood or composite fibers.



**tail**
Back end of the ski.

**tip**
Rounded end of the shovel.

**shovel**
Front end of the ski; its upward curve cuts through snow and helps to avoid catching an edge.

**edge**
Metal edge that runs along the bottom of the ski; it bites into the snow and makes turning possible.

**safety binding**
Device that attaches the boot to the ski; it features an automatic release system that frees the boot when too much pressure is exerted on it.

**ski boot**
Rigid boot made of plastic or composite materials; the front and back of the ski boot attach to the ski.

**inner boot**
Often removable padded lining designed to keep the feet warm and to provide comfort.

**tongue**
Piece that extends from the inner boot and protects the foot from rubbing against the binding system; it is raised to slip the foot into the inner boot.

**upper**
Reinforcement at the back of the boot.

**upper strap**
Strap that is attached to the upper to tighten the upper cuff.

**buckle**
Clip made up of a metal ring that fits into an adjusting catch to tighten the ski boot.

**adjusting catch**
Groove in which the buckle latches; each adjusting catch corresponds to a different tightness.

**hinge**
Piece connecting the upper and lower shells.

**sole**
Sturdy piece that forms the bottom of the ski boot; it has molds at the heel and toe that fit into the binding.

**alpine skier**
Athlete who practices alpine skiing; alpine skiers often specialize in one or more of four events.

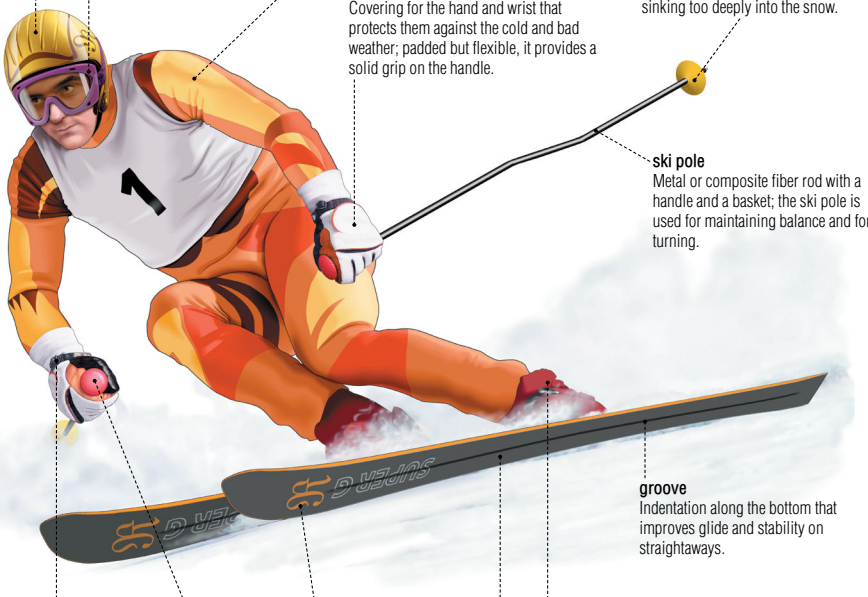
**helmet**
Rigid piece of equipment that is designed to protect the head; helmets are mandatory for racing.

**ski goggles**
Equipment that protects the eyes against the Sun's rays and the elements; the filtered lenses optimize depth perception.

**ski suit**
Skintight one-piece garment that reduces air resistance; various protective devices can be added, depending on the event.

**basket**
Circular piece attached to the bottom of the ski pole; it prevents the pole from sinking too deeply into the snow.

**ski glove**
Covering for the hand and wrist that protects them against the cold and bad weather; padded but flexible, it provides a solid grip on the handle.



**ski pole**
Metal or composite fiber rod with a handle and a basket; the ski pole is used for maintaining balance and for turning.

**groove**
Indentation along the bottom that improves glide and stability on straightaways.

**handle**

**ski boot**
Rigid boot made of plastic or composite materials; the front and back of the ski boot attach to the ski.

**wrist strap**
Strap that is attached to the handle and worn around the wrist to prevent the skier from losing a pole when sticking it into the ground.

**bottom**
Carefully polished piece that forms the bottom of the ski; a wax suited to snow conditions is applied to the bottom to obtain the best possible glide.

**ski**
Long board with foot bindings that is designed for gliding over a snow-covered surface; it is usually made of wood or composite fibers.

# ski resort

Resort area with the facilities required for skiing and snowboarding; it also lodges skiers and snowboarders.

**intermediate slope**
Relatively steep slope geared to intermediate skiers and snowboarders who know the basics of their sport.

**gondola**
Mechanical lift made up of a series of closed cabins that are suspended from a single cable; skis and snowboards are hung outside the cabin.

**chair lift**
Mechanical lift that is suspended from a single cable; it is made up of a series of seats for two to eight skiers or snowboarders who wear their equipment while going up and down.

**easy slope**
Wide gentle and well-cleared slope for skiing and snowboarding beginners.

**summit**
Highest point on the mountain; it marks the starting point of most alpine ski trails.

**ski area**
Network of trails that makes up a ski resort; they can be built on one or more slopes, on one mountain or on adjacent mountains.

**expert slope**
Extremely difficult slope geared to expert skiers and snowboarders; these slopes are usually very steep and include moguls and tight turns.

**difficult slope**
Steep slope geared to experienced skiers and snowboarders.

**alpine ski trail**
Slope groomed for alpine skiing or snowboarding; a sign indicates the level of difficulty by means of a pictogram.

**lodging**
The businesses, buildings and dwellings that make it possible to enjoy a relatively long-term stay at a ski resort.

**patrol and first aid station**
Building reserved for the ski patrol; it houses equipment for administering first aid to injured or sick skiers.

**main lodge**
Building that brings together various services such as restaurants, bars, boutiques and day care.

# cross-country skiing

Sport that consists of skiing over snow-covered surfaces on gently sloping terrain using a variety of techniques (skating step, diagonal step).

**cross-country skier**
Athlete who practices cross-country skiing; this athlete takes part in various individual (classic, freestyle, pursuit, sprint) and team (relay) events.

**ski hat**
Headgear made of a tubular piece of fabric folded back to form a double layer; its top is sewn and sometimes features a pom-pom.

**turtleneck**
Knit fabric top with a high collar formed of ribbing that folds over around the neck; it has no closing mechanism.

**pole grip**

**ski suit**
Skintight one-piece garment that reduces air resistance; it is lightweight and allows heat generated by the skier to be released.

**pole shaft**

**wrist strap**
Strap that is attached to the pole grip and worn around the wrist to prevent the skier from losing a pole when sticking it into the ground.

**ski pole**
Metal or composite fiber rod with a handle and a basket; the ski pole is used for maintaining balance and thrusting.

**glove**
Covering for the hand and wrist that protects them against cold and against chafing by the pole handle; it is thinner than an alpine ski glove.

**cross-country ski**
Long board designed to glide over a snow-covered surface; light and narrow, it has a relatively pronounced camber between the shovel and the tail.

**boot**
Lightweight flexible boot that provides good ankle mobility; the skating step requires a more rigid boot than the traditional boot.

**binding**
Device of variable form in which the skier places the toe of the boot; it allows the ski to move as one with the skier.

**shovel**
Front end of the ski; its upward curve cuts through snow and helps to avoid catching an edge.

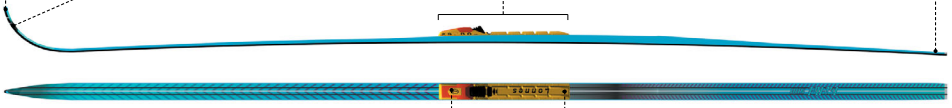
**cross-country ski**
Long board designed to glide over a snow-covered surface; light and narrow, it has a relatively pronounced camber between the shovel and the tail.

**ski tip**
Rounded end of the shovel.

**shovel**
Front end of the ski; its upward curve cuts through snow and helps to avoid catching an edge.

**toe binding**
Binding with a mechanism that locks only the front of the boot.

**tail**
Back end of the ski.



**toepiece**
Mechanism used to block the front end of the boot.

**heelplate**
Back part of the binding; it has notches that fit into the sole of the boot to prevent the foot from twisting to the side.

**waxing kit**
Kit that contains a number of waxes suited to a variety of snow conditions and the accessories used to apply or remove them.

**cork**
Piece of cork used to spread an even layer of wax onto the bottom.

**scraper**
Blade used to remove kick wax or smooth the ski bottom after applying glide wax.

**wax**
Substance applied to the bottom of the skis; waxes include glide wax, which reduces friction on snow, and kick wax, which improves traction.

**skating step**
Technique that allows the cross-country skier to drive forward by pushing to the side like a skater; it is faster than the diagonal step.

**skating kick**
Side kick executed by leaning on the inside of one ski while keeping the body weight on the other ski.

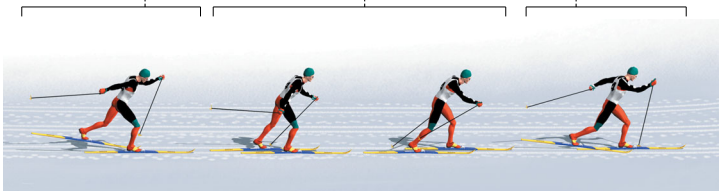
**gliding phase**
Transition phase between two pushes; the skier returns the take-off leg to its initial position while moving the support ski forward.

**diagonal step**
Classic cross-country skiing technique; the skis remain parallel except in sharp turns or steep climbs.

**pushing phase**
Thrusting movement that begins by quickly pushing the take-off leg backwards; the skier alternates this movement from one leg to the other.

**gliding phase**
Transition phase between two pushes; the skier returns the take-off leg to its initial position while moving the support ski forward.

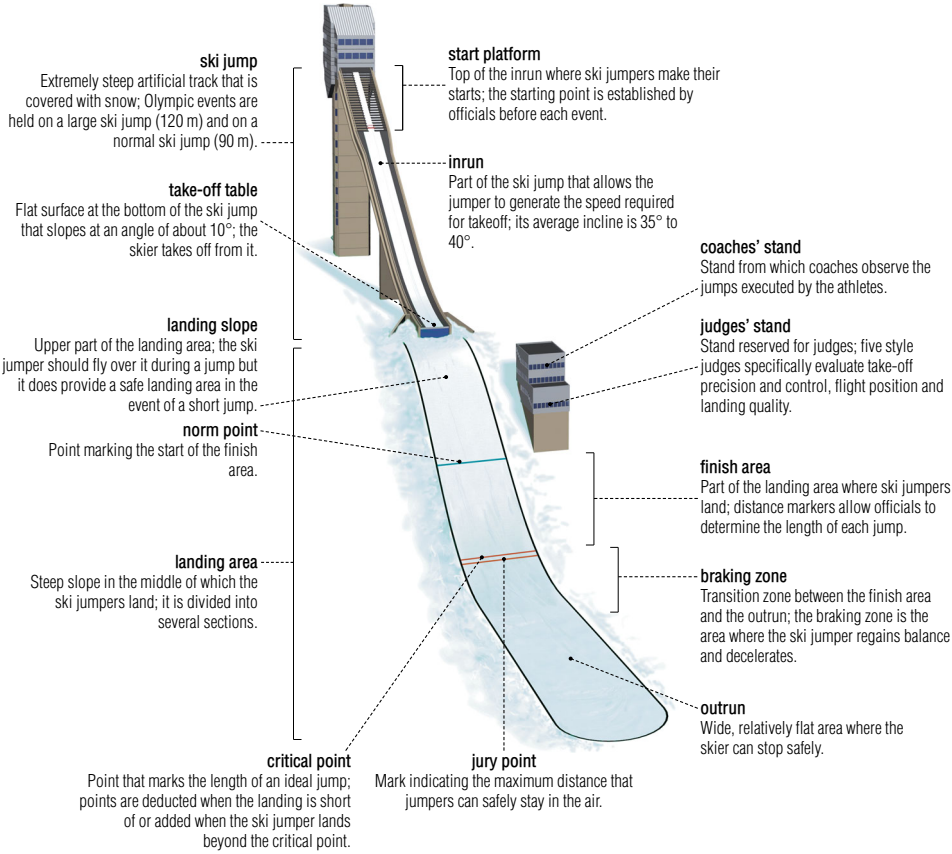
**pushing phase**
Rapid repetition of the pushing phase increases the skier's speed.



# ski jumping

Sport that consists of covering the greatest possible distance in the air after jumping off a ski jump; the jumper's style is marked by judges.

**track**
During a ski jumping event, each competitor executes two jumps and points are awarded for style and distance.

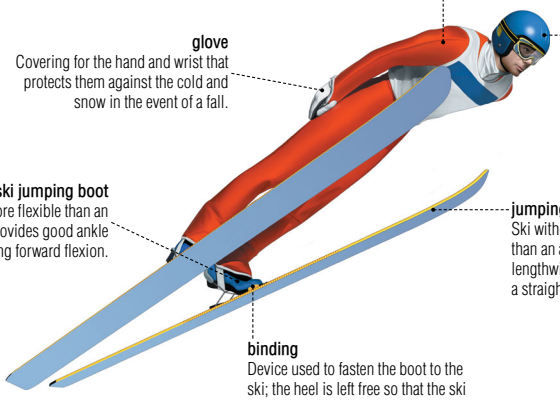


**ski jumper**
Athlete who practices ski jumping; the ski jumper takes part in individual (large jump, normal jump) and team (large jump) events.

**ski jumping suit**
Skintight one-piece garment whose thickness and air permeability are regulated.

**glove**
Covering for the hand and wrist that protects them against the cold and snow in the event of a fall.

**helmet**
Hard piece of equipment designed to protect the head.



**ski jumping boot**
Boot that is more flexible than an alpine ski boot; it provides good ankle support while allowing forward flexion.

**jumping ski**
Ski without edges that is longer and wider than an alpine ski; its bottom has lengthwise grooves that provide stability in a straight line.

**binding**
Device used to fasten the boot to the ski; the heel is left free so that the ski jumper can lean forward during flight.

## jumping technique

The jump lasts five to eight seconds and involves four stages, each of which requires a specific technique.

**inrun**
The ski jumper descends the inrun in a tuck position, reaching speeds of over 50 mph.

**flight**
The ski jumper leans forward to improve aerodynamics and places the skis in a V position to promote lift and prolong flight.

**take-off**
On reaching the end of the take-off table, the ski jumper quickly straightens up and stretches forward to obtain maximum lift.

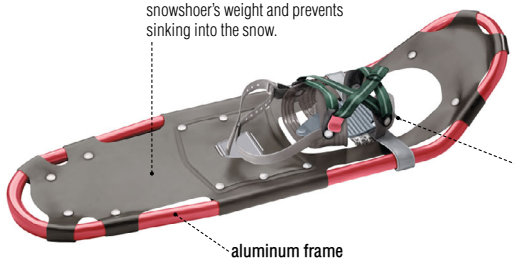
**landing**
The landing is made in telemark position, with one leg placed slightly ahead of the other; this distributes landing impact throughout the entire body.

# snowshoes

Wide soles that come in a variety of shapes and are fitted to boots; snowshoes are used to walk on snow without sinking.

**elliptical snowshoe**
Snowshoe with rounded ends and no tail; it is made of synthetic materials and is easy to maneuver in wooded areas.

**deck**
Piece of synthetic fabric that is attached to the frame; it bears the snowshoer's weight and prevents sinking into the snow.



**crampon system**
Metal points that are placed under the harness to improve traction on hard snow and ice.

**aluminum frame**
The frame of the snowshoe varies in length and width, depending on the expected use; lightweight and sturdy, the frame allows the snowshoer to glide over the snow.

**Michigan snowshoe**
Wooden snowshoe with a long tail; it is especially suited to walking in a straight line in open areas.

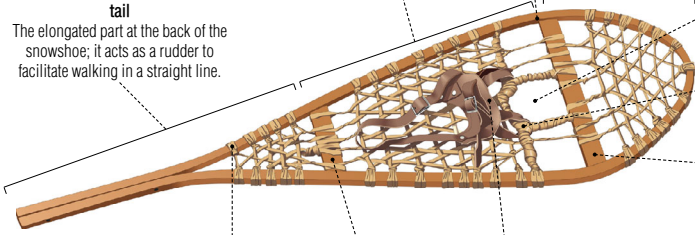
**tip**
Rounded, slightly raised front end of the snowshoe.

**body**
Central part of the snowshoe that supports the snowshoer's foot.

**frame**
The outline of the snowshoe is traditionally made of wood.

**toe hole**
Opening that allows the foot to move forward; this provides a natural walking motion and improves traction.

**tail**
The elongated part at the back of the snowshoe; it acts as a rudder to facilitate walking in a straight line.



**master cord**
Part of the lacing that supports the harness and on which the foot pivots when walking.

**front crossbar**
Crossbar in front of the harness that strengthens the frame; the lacing is attached to it.

**lacing**
The interlaced leather straps that are stretched across the frame; it bears the snowshoer's weight and prevents sinking into the snow.

**back crossbar**
Crossbar behind the harness that strengthens the frame; the lacing is attached to it.

**harness**
Device that attaches the boot to the snowshoe but allows the foot to pivot freely.

# in-line skating

Range of activities that use skates fitted with small wheels: hockey, sprints, acrobatics on ramps or specially designed tracks, etc.

**in-line skate**
Reinforced boot with four wheels placed in a straight line; it is used to move around on a hard, relatively smooth surface.

**inner boot**
Cushioned, often removable lining that is designed for greater comfort inside the boot.

**upper shell**
Part of the boot that covers the lower part of the leg; it is usually hinged at the ankle.

**adjusting buckle**
Clip made up of a metal ring that fits into an adjusting catch to tighten the boot.

**boot**
Ankle boot that protects the foot and ankle; depending on the intended use, it can be soft, semisoft or hard (shell).

**heel stop**
Rubber pad at the back of the skate that enables the skater to slow down or stop.

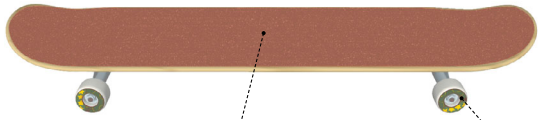
**wheel**
Round object that turns on an axis so the skate can move backward or forward.

**axle**
Wheel's rotational axis that connects it to the frame.

**truck**
Device that connects the wheels to the boot.

# skateboarding

Sport that involves descents, turns and tricks on a specially designed or improvised surface; the skateboarder uses a board mounted on small wheels.



**grip tape**
Rough surface attached to the board that helps the skater's shoes adhere to it.

**wheel**
Small round object that turns on an axis so the board can move backward or forward; its diameter and durability vary with the activity.

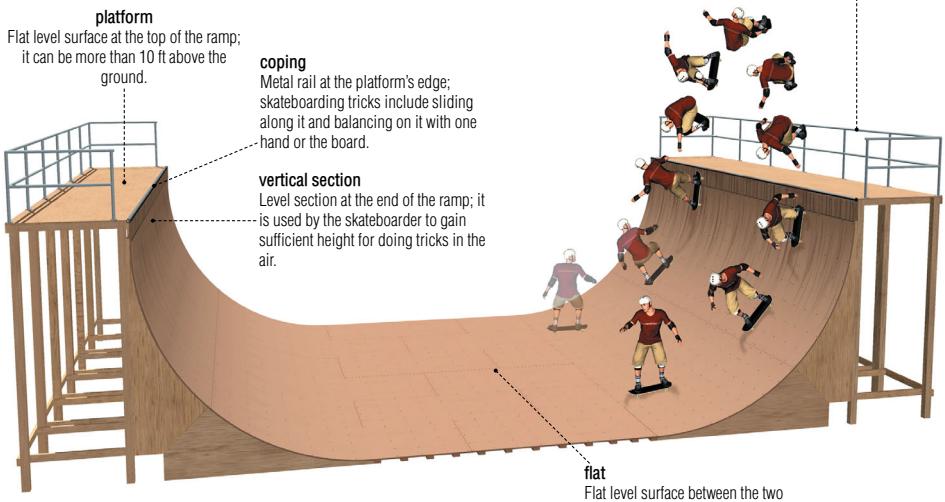
**ramp**
Wooden U-shaped track that is set up for performing various acrobatic stunts (such as jumps and slides).

**guard rail**
Metal handrail attached to the platform.

**platform**
Flat level surface at the top of the ramp; it can be more than 10 ft above the ground.

**coping**
Metal rail at the platform's edge; skateboarding tricks include sliding along it and balancing on it with one hand or the board.

**vertical section**
Level section at the end of the ramp; it is used by the skateboarder to gain sufficient height for doing tricks in the air.



**flat**
Flat level surface between the two curved sections of the ramp.

**skateboard**
Wooden, usually concave board mounted on four small wheels; it is guided by body movements.

**tail**
Rear end of the board.

**nose**
Front end of the board.

**truck**
Device that connects the wheels to the board; it enables the wheels to change direction.

**skateboarder**
Athlete who skateboards; because of the risk of injury from falling, the athlete usually wears several pieces of protective equipment.

**knee pad**
Piece of equipment made of hard molded plastic that protects the knee.

**elbow pad**
Piece of equipment with a hard outer shell that is used to protect the elbow.

**helmet**
Hard piece of equipment designed to protect the head.

**coping**
Metal rail at the platform's edge; skateboarding tricks include sliding along it and balancing on it with one hand or the board.

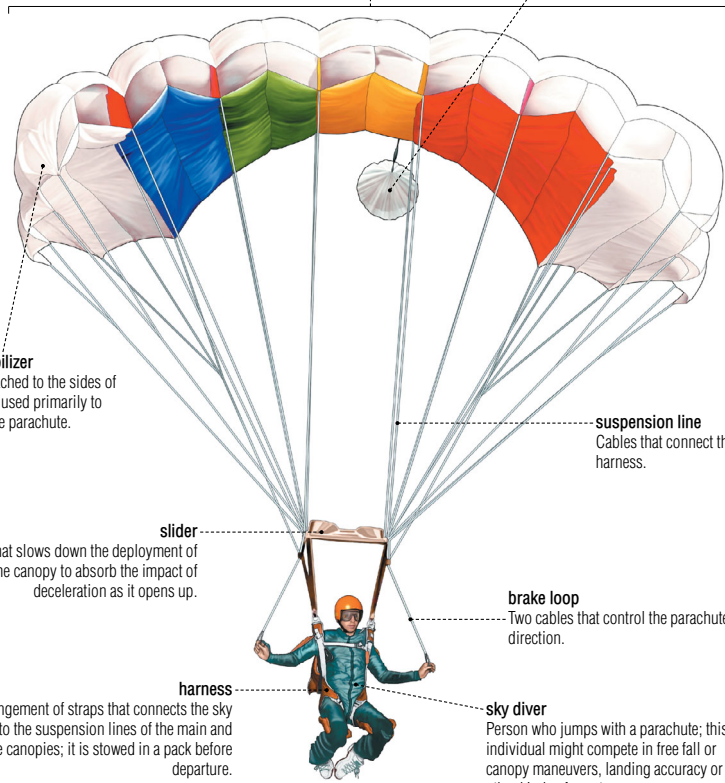
# parachuting

Range of sporting activities that all include opening a parachute in the air after jumping from an airplane.

**parachute**
Equipment consisting of a canopy that is connected to a harness by suspension lines; it is deployed at a given altitude to slow a sky diver's descent.

**canopy**
Structure made of fabric cells that, when filled with air, forms a rectangular surface with the aerodynamic properties of an airplane wing.

**pilot chute**
Small parachute that deploys the canopy; to open the parachute, the sky diver opens the pilot chute, which pulls the canopy out of the pack.



**stabilizer**
Fabric triangle attached to the sides of the canopy; it is used primarily to stabilize the parachute.

**suspension line**
Cables that connect the canopy to the harness.

**slider**
Part that slows down the deployment of the canopy to absorb the impact of deceleration as it opens up.

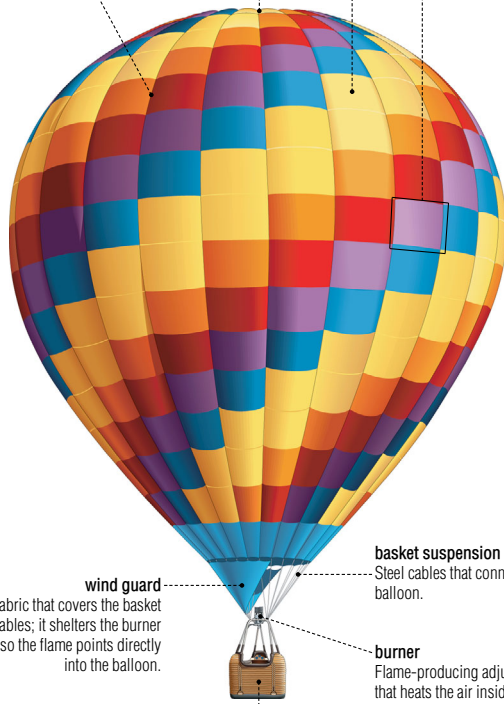
**brake loop**
Two cables that control the parachute's direction.

**harness**
Arrangement of straps that connects the sky diver to the suspension lines of the main and reserve canopies; it is stowed in a pack before departure.

**sky diver**
Person who jumps with a parachute; this individual might compete in free fall or canopy maneuvers, landing accuracy or other kinds of events.

# ballooning

Sport of traveling in a balloon carried along by the wind; flights take place at dawn and dusk, when winds are light and the air is stable.



**parachute valve**
Round device covering the top of the envelope; it can be opened with a cable, which is used by the pilot to release hot air and speed up the descent.

**envelope**
Structure made of pieces of fabric sewn in the form of a sphere; it is open at the base and top, and traps the air heated by the burner.

**webbing**
The horizontal and vertical bands that make up the structure of the envelope; the panels are sewn onto it.

**panel**
The pieces of fabric making up the balloon's envelope; they are usually made of sturdy nylon with a polyurethane coating.

**balloon**
Fabric bag filled with hot air that is lighter than the surrounding air; this causes the apparatus to rise and float in the atmosphere.

**basket suspension cables**
Steel cables that connect the basket to the balloon.

**wind guard**
Piece of fabric that covers the basket suspension cables; it shelters the burner from the wind so the flame points directly into the balloon.

**burner**
Flame-producing adjustable apparatus that heats the air inside the balloon; the pilot turns it on from time to time.

**basket**
Traditionally wicker gondola that is suspended from the balloon; it holds passengers, fuel cylinders and flight instruments.

# hang gliding

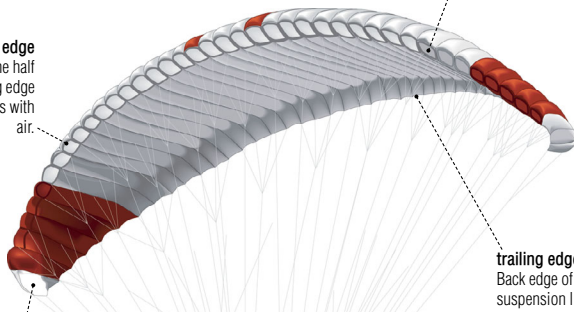
Sport where a pilot strapped to a hang glider or a paraglider launches from a mountain slope, gains altitude and remains aloft for some distance.

**paraglider**
Equipment made up of a flexible canopy attached to a harness; it is used to take off from a height and gain altitude on lifting air currents.

**canopy**
Structure of fabric cells that, when filled with air, forms an elliptical surface with the aerodynamic properties of an airplane wing.

**half cell**
The fabric compartments that fill with air to give the canopy its shape.

**leading edge**
Front edge of the canopy where the half cells open; during liftoff, the leading edge faces into the wind so the canopy fills with air.



**trailing edge**
Back edge of the canopy where the suspension lines connected to the brake loops are attached.

**stabilizer**
Fabric triangle attached to the sides of the canopy; it is used primarily to stabilize the paraglider.

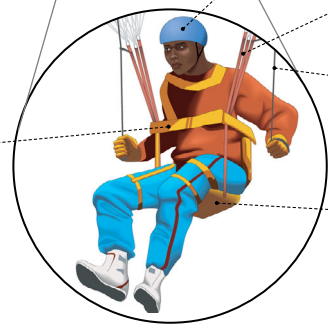
**suspension line**
Cables that connect the canopy to the risers; they are arranged in rows on the risers according to the point where they attach to the canopy.

**helmet**
Hard-shelled piece of equipment that protects the head against impact and the cold.

**riser**
Individual fabric straps that connect the harness to a row of suspension lines.

**paragliding pilot**
Person who paraglides; an experienced pilot can skillfully use air currents to stay aloft for several hours at a time.

**brake loop**
Two cables that control the pilot's direction.



**harness**
Arrangement of straps that connect the pilot to the risers.

**saddle**
Seat attached to the harness where the pilot sits to maneuver the paraglider; it often contains a reserve parachute.

**hang glider**
Equipment made up of two wings connected to a harness; it is used to take off from a height and gain altitude on lifting air currents.

**king post**
Vertical piece attached at the center of the keel; it supports the rigging wires.

**crossbar**
Metal tube that is perpendicular to the keel and attached at the center of the two wings; it keeps the sail deployed.

**sail**
Triangular surface made up of pieces of fabric; it is stretched over a metal skeleton to form a wing.

**nose**
Forward end of the hang glider where the two leading edge tubes meet.

**batten**
Stiff strip inserted into batten pockets on the sail to help it retain its shape.

**rigging wire**
One of the cables stretching from the king post to the wing structure; they increase resistance to tension.

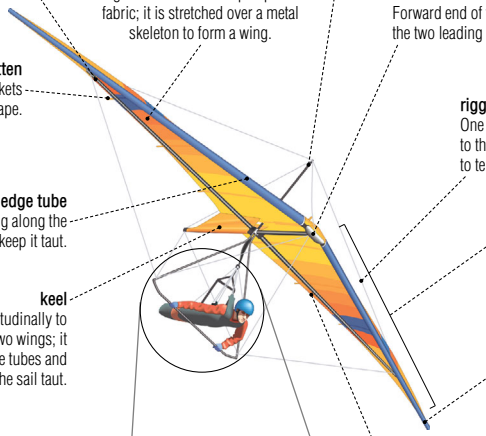
**leading edge tube**
One of two metal tubes running along the front edge of the sail to keep it taut.

**wing**
Horizontal surface that is acted upon by aerodynamic forces to keep the hang glider aloft.

**keel**
Metal tube attached longitudinally to the intersection of the two wings; it supports the leading edge tubes and keeps the sail taut.

**tip**
Outermost portion of the wing; it forms a point.

**trailing edge**
Back edge of the sail.



**airframe**
Triangular metal skeleton at the intersection of the keel and the crossbar.

**hang point**
Part where the harness is attached to the hang glider frame.

**hang gliding pilot**
Person who flies a hang glider; an experienced pilot can skillfully use air currents to stay aloft for several hours at a time.

**flight bag**
Insulated bag attached to the harness that might be equipped with a reserve parachute; the pilot slides into it to maneuver the hang glider from a prone position.

**harness**
Arrangement of straps that connects the pilot to the hang glider.

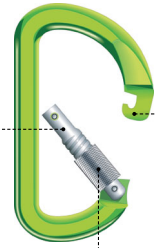
**control bar**
Lower part of the airframe that enables the pilot to maneuver the hang glider.

# climbing

Leisure or competitive sport that consists of climbing up a natural rock face or an artificial climbing structure using bare hands and light equipment.

**equipment**
Complete range of accessories used in climbing.

**locking carabiner**
Metal ring with a gate that, once closed, can be locked with a screwsleeve; this makes it safer than the D carabiner.



**gate**
Moving metal part that opens inward and has a spring-loaded closure.

**latch**
Part over which the gate closes.

**screwsleeve**
Device that locks the gate into a closed position.

**D carabiner**
Metal ring that opens and closes with a spring-loaded gate; it is used for attaching rope to a piton, a chock, etc.

**rope**
Thin cable with a braided center core that makes it stretchy and strong and a woven sheath that surrounds and protects the core.

**piton**
Metal spike with a blade that is driven into a crack in the rock face; it ends in an eye to which a belay rope can be attached with a carabiner.

**blade**
Part that is driven into the crack in the rock face.

**eye**
Hole that is large enough for a carabiner to snap on so that a rope can be attached to the piton.

**seat harness**
Accessory connected to the belay rope that consists of a number of straps to support the climber's thighs and pelvis.

**descender**
Metal accessory through which a rope slides that is used to protect the rope and the climber's hands; it acts as a brake during rappel descents.

**expansion piton**
Piton that is driven into a hole previously made in the rock.

**hammer ax**
Hammer that doubles as an ice ax; it is used to drive in pitons, cut footholds, break ice on the rock face, etc.

**chock**
Metal device that is inserted into a crack in the rock face and held in place by tension; it is extended by a steel cable to which a carabiner can snap on.

**hammer head**
Flat surface used by the mountaineer to strike pitons.

**pick**
Part that is driven into ice or hard-packed snow in order to advance.

**wire sling**

**ice ax**
Small ax used by the mountaineer for cutting footholds, judging snow depth, gaining a firm grip in ice or hard-packed snow, etc.

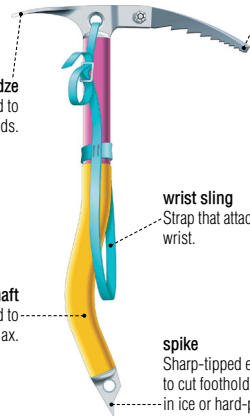
**tubular ice screw**
Threaded metal tube that is screwed into ice or hard-packed snow to help with belaying and advancing.

**ring**
Metal loop into which carabiners are inserted.

**head**
Semicircular part that contains the pick and the adze.

**pick**
Part that is driven into ice or hard-packed snow in order to advance.

**adze**
Flat sharp-edged part that is used to cut footholds.



**wrist sling**
Strap that attaches the ice ax to the wrist.

**shaft**
Long wooden or metal part used to hold and handle the ice ax.

**spike**
Sharp-tipped end of the shaft; it is used to cut footholds and to gain a firm grip in ice or hard-packed snow.

# camping

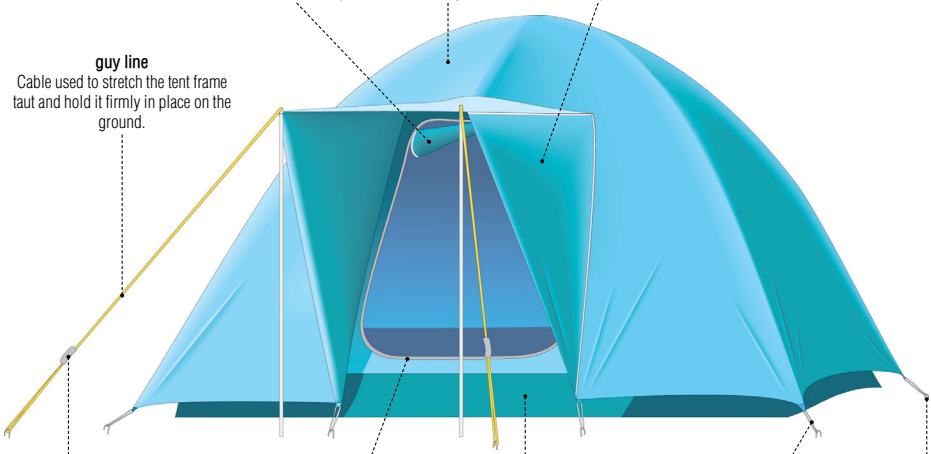
Tourist activity that consists of sleeping in a portable shelter such as a tent or trailer and traveling with equipment designed for outdoor living.

**examples of tents**

Tents: portable waterproof soft-sided shelters that are stretched taut over a frame and temporarily pitched outdoors.

**two-person tent**

Tent that can accommodate two people.



**door**
Piece of canvas covering the entrance to the tent.

**rainfly**
Piece of waterproof canvas that covers the inner tent; it protects it from rain and provides an extra layer of insulation.

**canopy**
Canvas awning supported by a framework; it protects an outdoor space from the rain and sun.

**guy line**
Cable used to stretch the tent frame taut and hold it firmly in place on the ground.

**zipper**
Closure made up of two lengths of tape edged with teeth that interlock by means of a slide.

**inner tent**
Part of the tent covered by the rainfly.

**elastic strainer**
Elasticized cable used to stretch the canvas taut and anchor it to the ground.

**strainer**
Device used to stretch a guy line taut.

**stake**
Small post that is driven into the ground to hold the tent in place.

**wagon tent**
Spacious tent with sufficient interior capacity to accommodate a number of people or group activities.

**pop-up tent**
Round tent with a framework that deploys automatically.

**pup tent**
Tent where the canvas is stretched taut on both sides of a summit rod, which is supported by two poles.

**one-person tent**
Small low-roofed tent with enough room to accommodate one person.

**dome tent**
Semicircular tent that, once pitched, can be moved without being taken down.

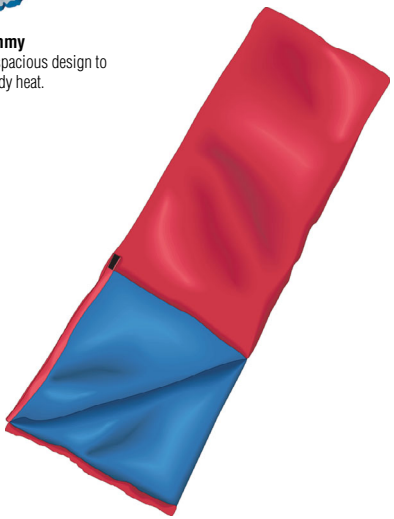
**wall tent**
Very spacious, rectangular tent that often has a number of interior dividers; it accommodates a number of people.

## examples of sleeping bags

Sleeping bags: insulated fabric coverings that close with a zipper and are used to stay warm when sleeping outdoors.

**mummy**
Sleeping bag shaped like the body; it has a part that covers the head and neck with an opening for the face.

**semi-mummy**
Sleeping bag with a less spacious design to better retain body heat.

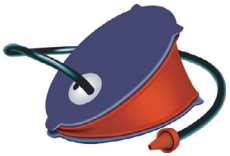


**rectangular**
Rectangular sleeping bag that is spacious enough to give the body room to move.

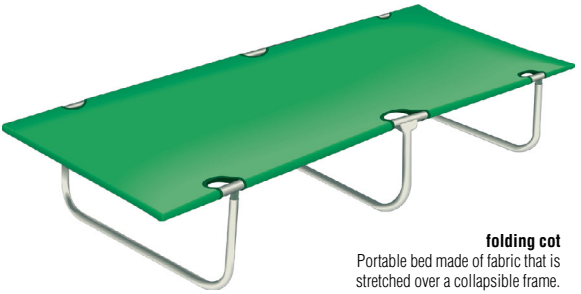
## bed and mattress

Accessories that a person lies down on to sleep or rest.

**inflator**
Device used to inflate air mattresses.

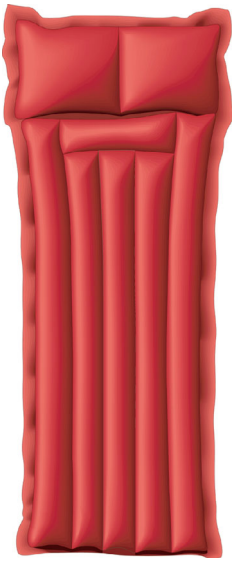


**inflator-deflator**
Device used to inflate and deflate air mattresses.



**folding cot**
Portable bed made of fabric that is stretched over a collapsible frame.

**self-inflating mattress**
Rubber, plastic or nylon bag that inflates with air by itself, without the need of an inflator.



**air mattress**
Rubber or plastic bag that is filled with air; it usually has a pillow.

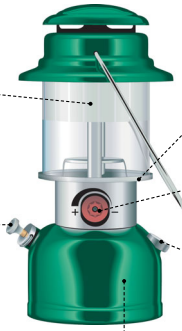
**foam pad**
Long thin cushion made of soft material.

## propane or butane accessories

Complete range of portable appliances that run on liquid or gas fuel and are used to light, cook or heat.

**single-burner camp stove**
Single-burner appliance used to cook and reheat food.

**lantern**
Safe portable light source that can be used both inside and outside a tent.



**globe**
Translucent or transparent heat-resistant covering that protects the light source and diffuses its light.

**burner frame**
Aluminum housing protecting the burner.

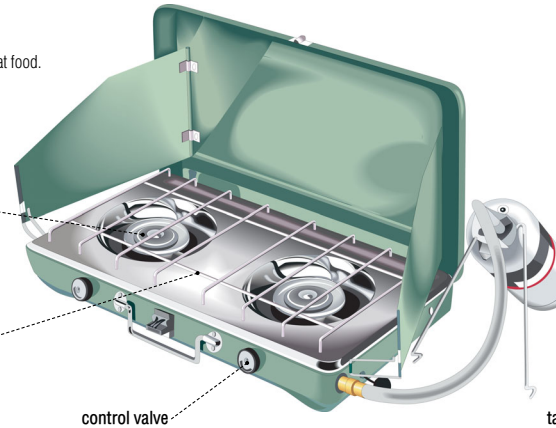
**pressure regulator**
Device that controls the pressure of the vaporized fuel and adjusts the light's brightness.

**pump**
Device that increases the air pressure inside the tank so the fuel vaporizes.

**leakproof cap**
Stopper for the fuel refill opening; it is threaded to prevent leakage.

**tank**
Canister containing the liquid fuel and air that supply the burner.

**double-burner camp stove**
Two-burner appliance used to cook and reheat food.



**burner**
Combustion device for an air-gas mixture.

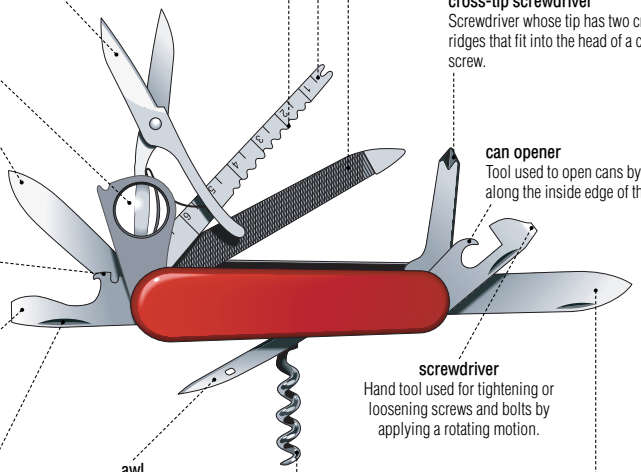
**wire support**
Metal grill used as a base to support cooking utensils.

**control valve**
Device that switches the fuel intake on and off and adjusts its volume of flow.

**tank**
Canister containing the pressurized fuel that supplies the burners.

## camping equipment

Range of accessories used when camping to store food, cut wood, etc.



**Swiss Army knife**
Multipurpose knife with a large assortment of blades and instruments.

**ruler**
Instrument for measuring length.

**scissors**
Instrument with two movable overlapping shanks having sharp inside edges; they are used for trimming and cutting.

**fish scaler**
Jagged blade used to scale fish.

**file**
Ridged metal blade used to smooth pieces of wood or plastic.

**magnifier**
Converging lens that magnifies the image of an object.

**cross-tip screwdriver**
Screwdriver whose tip has two crossed ridges that fit into the head of a cross-head screw.

**pen blade**
Small thin piece of metal with a sharp edge used as a secondary knife for more delicate tasks.

**can opener**
Tool used to open cans by cutting along the inside edge of the lid.

**bottle opener**
Instrument used to remove caps from bottles.

**screwdriver**
Hand tool used for tightening or loosening screws and bolts by applying a rotating motion.

**screwdriver**
Hand tool used for tightening or loosening screws and bolts by applying a rotating motion.

**nail nick**
Part where the fingernail is inserted; it is used to deploy the tool.

**awl**
Pointed instrument used to make holes.

**large blade**
Long thin solid piece of metal with a sharp edge that is the main knife.

**corkscrew**
Device shaped like a spiral; it is used to draw the cork out of a bottle of wine.

## camping

**backpack**
Travel or hiking bag that is worn on the back and is used to transport clothing, camping equipment, etc.

**top flap**
Piece of fabric that folds over the opening of the backpack.

**shoulder strap**
Fabric band of variable length that goes over the shoulder so the bag can be carried on the back.

**tightening buckle**
Device used to adjust the length of the strap.

**side compression strap**
Fabric band that reduces the size of the bag and keeps the contents in place.

**front compression strap**
Fabric band connected to the top flap strap and used to fasten the backpack.

**waist belt**
Fabric strap that fits snugly around the hips and buckles there; it is designed to distribute the bag's weight.

**strap loop**
Buckle through which the strap passes.

**vacuum bottle**
Container with a vacuum between the inner and insulated outer walls; it is designed to maintain its contents at a desired temperature.

**cooler**
Thermally insulated chest that is used to keep food cold with ice cubes or blocks of ice.

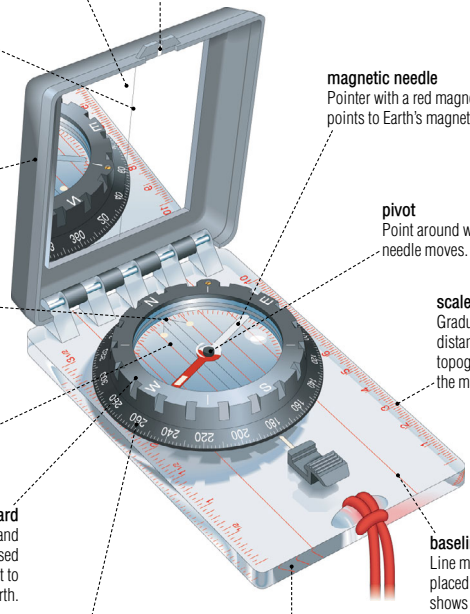
**bottle**
Container used to hold liquids or semisolid foods.

**stopper**
Part used to close the neck of the bottle.

**cup**
Cap used as a container to consume liquid or semisolid foods.

**water carrier**
Container with a spigot that is used to store drinking water when camping.

**magnetic compass**
Instrument for finding directions; it has a graduated compass card and a magnetic needle that points toward magnetic north.



**sighting mirror**
Polished glass surface that reflects the image of the compass card and confirms the direction of travel.

**sight**
Device used to select a landmark in the direction a person chooses to walk.

**sighting line**
Line running parallel to the baselines; it is used to indicate the direction of travel.

**magnetic needle**
Pointer with a red magnetized part that points to Earth's magnetic north pole.

**cover**
Compartment that contains the mirror and protects the compass card when it is folded over the base plate.

**pivot**
Point around which the magnetic needle moves.

**edge**
Compass card marks where the needle's red dot comes to rest when the compass is aligned with magnetic north.

**scale**
Graduated line used to judge the distance to be traveled on a topographic map, in conjunction with the map's scale.

**compass meridian line**
Line that, when matched with the meridian line on a map, can be used to determine the direction of travel in degrees.

**compass card**
Rotating device that is graduated in degrees and marked with the four cardinal points; it is used to indicate the direction of travel with respect to true north.

**baseline**
Line marked on the base plate that is placed on top of a topographic map; it shows the direction of the place toward which the person wishes to travel.

**graduated dial**
Each of the equal intervals marked on the dial that indicate the angle in degrees of the points on the compass card.

**base plate**
Transparent surface that supports the compass card and has markings and scales.

# fishing

Outdoor leisure activity consisting of trying to catch fish with a fishing rod.

**flyfishing**
Fishing method that consists of delicately placing an artificial fly on or in the water; it simulates a real insect landing to attract fish.

**fly rod**
Thin sturdy stick that is flexible enough to cast a hook disguised as a winged insect (artificial fly) far over the water.

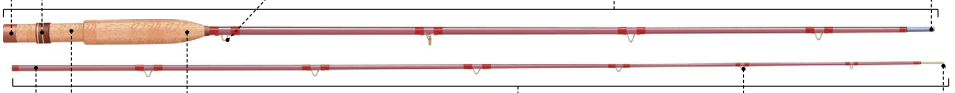
**butt cap**
Usually metal covering over the end of the rod to protect the rod from contact with the ground.

**butt section**
Sturdiest section of a rod; it holds the handgrip and the reel.

**keeper ring**
Circle where the fishhook hitches on to keep the fly line running along the length of the rod when it is not being used.

**screw locking nut**
Ring used to hold the reel in place on the reel seat.

**male ferrule**
Metal tubing that fits into the female ferrule to join the two sections of the rod (butt section and tip section).



**handgrip**
Part used to pick up and handle the rod.

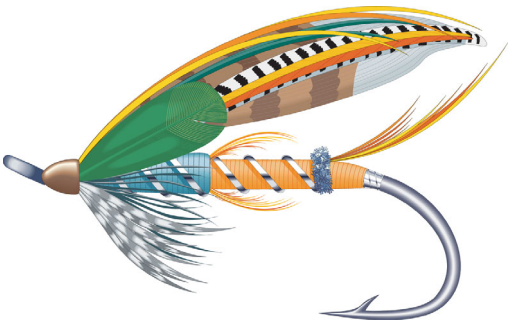
**guide**
One of the metal parts through which the fly line runs; they are used to guide it.

**reel seat**
Device that attaches the reel to the rod.

**tip section**
Thinner and more flexible section of a rod.

**tip-ring**
Circle at the end of a flyfishing rod's tip.

**female ferrule**
Metal tubing into which the male ferrule fits to join the two sections of the rod (butt section and tip section).



**artificial fly**
Arrangement of thread and feathers attached to a fishhook that imitates a winged insect; it can be cast over the water (dry fly) or into the water (wet fly).

**casting**
Fishing that consists of letting a hook drop and sink into the water and reeling it back in to simulate the movement of a small fish.

**spinning rod**
Stick whose length and sturdiness varies with the kind of fishing being done; it is used to cast a hook carried along by a weight, sinker or spinner far over the water.

**screw locking nut**
Ring used to hold the reel in place on the reel seat.

**reel seat**
Device that attaches the reel to the rod.

**male ferrule**
Metal tubing that fits into the female ferrule to join the two sections of the rod (butt section and tip section).

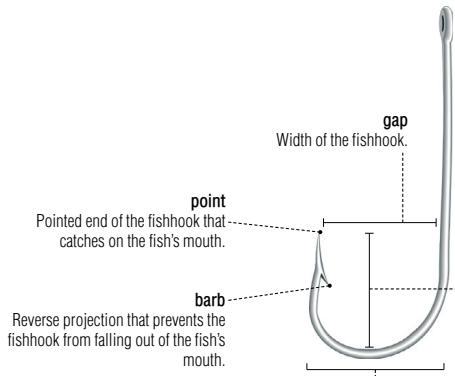
**butt grip**
Part used to pick up and handle the rod.

**butt guide**
Large-diameter circle used to guide the slack line.

**tip-ring**
Circle at the end of a spinning rod's tip.

**female ferrule**
Metal tubing into which the male ferrule fits to join the two sections of the rod (butt section and tip section).

**fishhook**
Metal hook of variable size attached to the end of float tackle and baited with a natural or artificial lure intended to catch a fish.



**eye**
Hole through which the fishing line passes so the fishhook can be attached to the line or to float tackle.

**gap**
Width of the fishhook.

**shank**
Straight part between the bend and the eye of the fishhook.

**point**
Pointed end of the fishhook that catches on the fish's mouth.

**barb**
Reverse projection that prevents the fishhook from falling out of the fish's mouth.

**throat**
Depth of the fishhook.

**bend**
Rounded end of the fishhook.

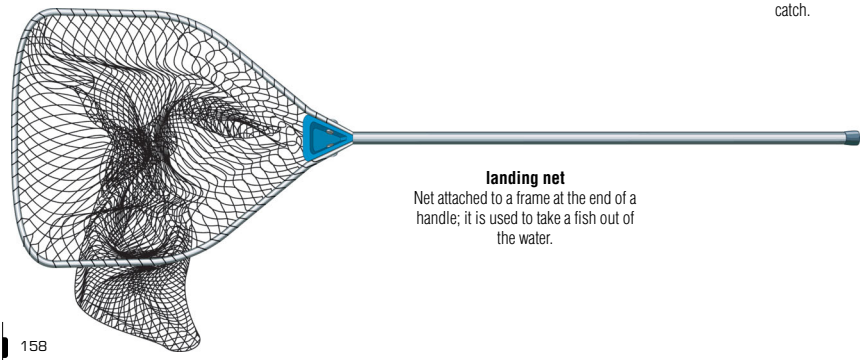
## clothing and accessories

**fishing vest**
Sleeveless jacket with many pockets for carrying small objects (license, sinkers, etc.).

**waders**
Thigh-high rubber boots used to fish in shallow water.

**tackle box**
Compartmentalized box used to store and carry bait and fishing equipment.

**creel**
Basket used to store and carry the catch.



**landing net**
Net attached to a frame at the end of a handle; it is used to take a fish out of the water.

# hunting

Outdoor activity that consists of lying in wait for or pursuing game in order to kill it.

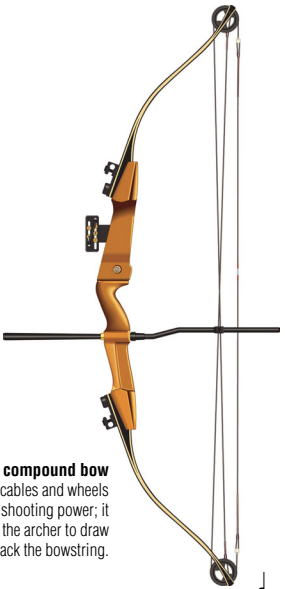
**rifle (rifled bore)**
Portable firearm that shoots a single bullet: the grooved inside of the barrel imparts a spinning motion to the bullet that increases the accuracy of its trajectory.

**shotgun (smooth-bore)**
Portable firearm where the inside of the barrel has no grooves; it can shoot a number of lead, copper or nickel pellets at a time.

**decoy**
Plastic or wooden lure used to attract wild ducks.

**snare**
Trap consisting of a steel cable ending in a slipknot; it is used to capture small game by the neck and strangle them.

**leghold trap**
Apparatus meant to capture an animal by the paw.



**compound bow**
Bow with a system of cables and wheels that increases its shooting power; it requires less effort for the archer to draw back the bowstring.

# cards

Rectangular pieces of cardboard used to play various games; they have figures, signs and numbers on one side and are divided into four suits.

## symbols

The colors, figures and signs on a deck of cards.

**diamond**
Red suit in a deck of cards that is shaped like a lozenge; this suit has the second-highest value.

**spade**
Black suit in a deck of cards that is shaped like a spearhead; this suit has the lowest value.

**heart**
Red suit in a deck of cards that is shaped like a heart; this suit has the highest value.

**club**
Black suit in a deck of cards that is shaped like a cloverleaf; this suit has the third-highest value.

**ace**
Card with a single sign that usually has the highest value in the suit.

**queen**
Figure depicting a queen that usually has the third-highest value in the suit.

**joker**
Card depicting a court jester; in most games, its value is the cardholder's choice.

**king**
Figure depicting a king that usually has the second-highest value in the suit.

**jack**
Figure depicting an equerry that usually has the fourth-highest value in the suit.

## standard poker hands

A poker hand consists of five cards whose combination confers a relative value on which the player bets; they have an ascending order of value.

**high card**
When none of the five cards in the hand can be combined with any other, the highest-ranked card is played.

**one pair**
Contains two cards of equal value.

**two pairs**
Contains two pairs.

**straight**
Contains five consecutive cards of different suits.

**three-of-a-kind**
Contains three cards of equal value.

**flush**
Contains five nonconsecutive cards of the same suit.

**full house**
Contains a three-of-a-kind and a pair.

**straight flush**
Contains five consecutive cards of the same suit.

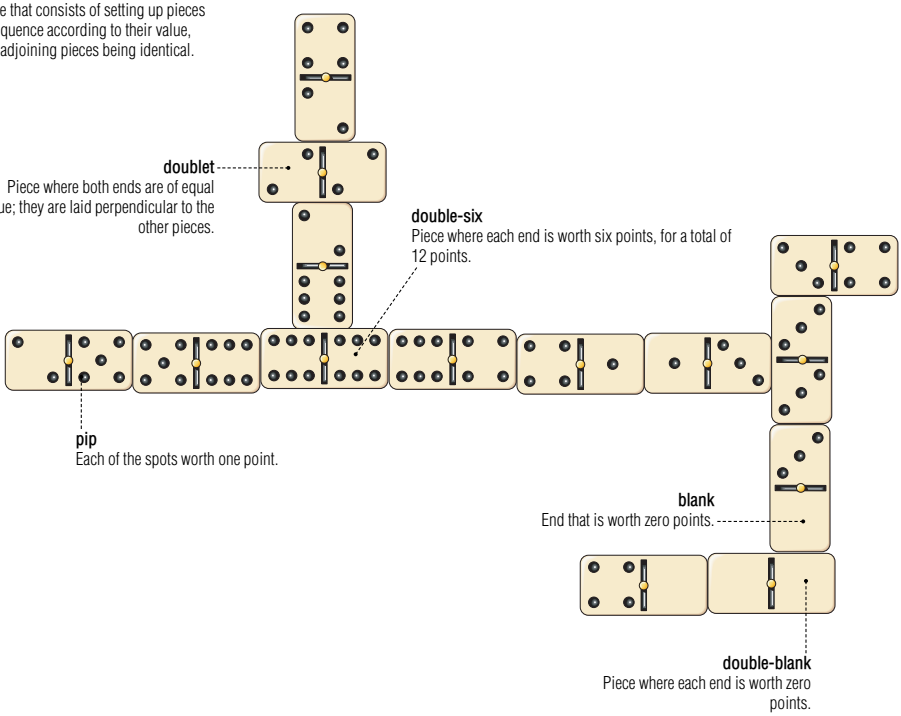
**four-of-a-kind**
Contains four cards of equal value.

**royal flush**
Contains five consecutive cards of the same suit, from the 10 to the ace.

# dice and dominoes

Cubes (dice) or pieces divided into two ends (dominoes) with numbers indicated by pips or figures.

**dominoes**
Game that consists of setting up pieces in sequence according to their value, with adjoining pieces being identical.



**ordinary die**
Small cube marked on each side with one to six pips; it is used in various games (backgammon, Monopoly®, Yahtzee®, etc.).

**poker die**
Small cube marked on each side with card symbols; it is used to play poker dice, a game similar to poker, which is played with five dice.

# board games

Complete range of games that use a playing surface on which game pieces (tokens, dice, counters, etc.) are placed.

**backgammon**
Game of strategy in which two players move checkers around a board; players try to collect and bear them off while preventing the opponent's checkers from moving.

**outer table**
Area with 12 points that the checkers must move across to reach the inner table; opponents move in opposite directions.

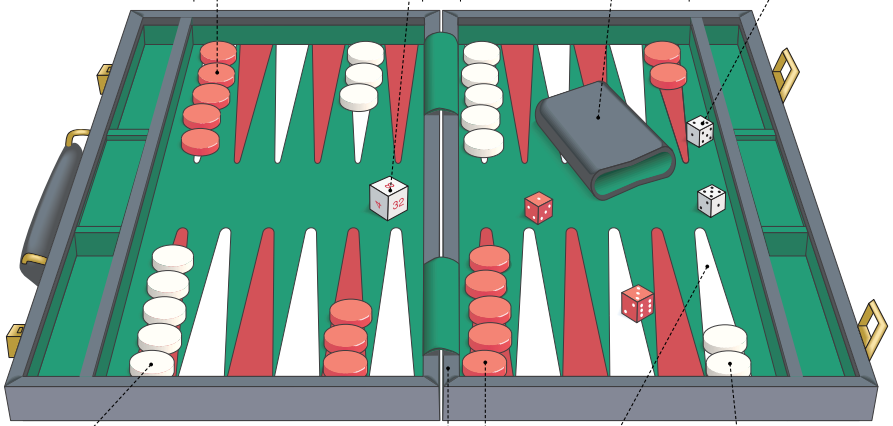
**inner table**
Table that a player's checkers must enter before they can be borne off; the player who first bears off all his or her checkers wins the game.

**dice cup**
Container used to shake and throw the dice.

**die**
One of the two small cubes marked on each side with one to six pips; the checker moves the same number of points as the number rolled.

**Red**
Red checkers that belong to one player.

**doubling die**
Die used to increase the game's stakes.



**White**
White checkers that belong to one player.

**bar**
Line that divides the board's inner and outer tables; the checkers hit by the opposing player are placed on it.

**point**
Each of the spaces on which the checkers are placed.

**checkers**
Each of the counters used to play; the checkers are moved from one point to the next based on the number of pips shown on the dice.

**runner**
One of two checkers belonging to a player placed at the start of the game on the opponent's inner table; it must leave that position before any other checkers of the same color can be moved.

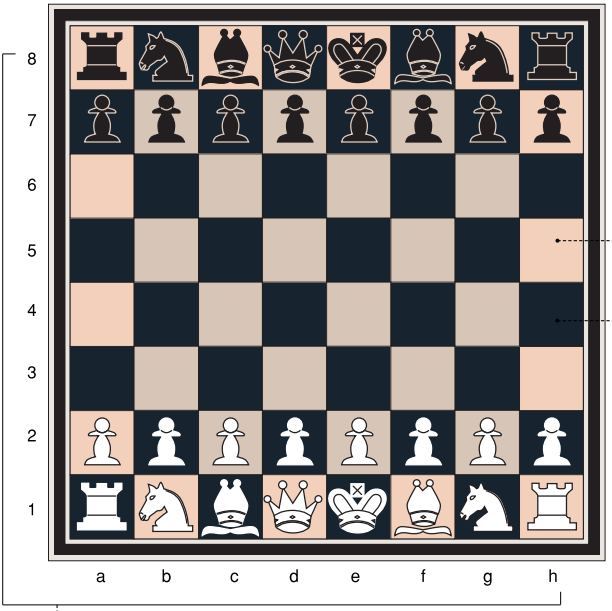
## chess

Game where two players move pieces around a board in order to "checkmate" the opponent (i.e., attack the king in such a manner that no escape is possible).

**chessboard**
Board divided into 64 black and white squares; the corner square on each player's left must be black.

**queen's side**
Each of the pieces in columns a to d on the board.

**king's side**
Each of the pieces in columns e to h on the board.




**Black**
Pieces belonging to one of the two players.

**white square**
Light-colored square; when the game begins, the white queen is on a square of her own color.

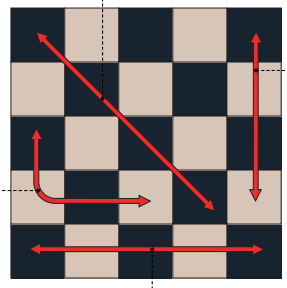
**black square**
Dark-colored square; when the game begins, the black queen is on a square of her own color.

**White**
Pieces belonging to one of the two players; White starts the game.

**chess notation**
Means of using letters and numbers to identify the chessboard squares; it is used to situate pieces, transcribe games, follow moves, etc.

**types of movements**
Each piece moves in a specific way: diagonally, vertically, horizontally or in a square.

**diagonal movement**
Forward or backward movement along an oblique line.



**vertical movement**
Moving forward or backward along a column.

**square movement**
Moving one square forward or backward and then two squares laterally, or two squares forward or backward and then one square laterally.

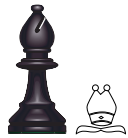
**horizontal movement**
Moving to the right or left along a row.

## chess pieces

At the beginning of the game, each player has 16 pieces with different moves and value: a king, a queen, two rooks, two bishops, two knights and eight pawns.

**pawn**
Piece that can advance one square at a time except at the beginning of the game, when it can advance one or two squares; it captures opposing pieces diagonally.

**rook**
Piece that can move backward or forward horizontally or vertically for as many squares as the player chooses.



**bishop**
Piece that can move backward or forward diagonally for as many squares as the player chooses.

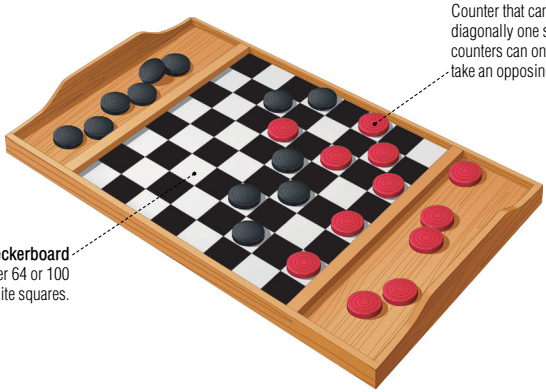
**knight**
Piece that can move at right angles (square movement); the knight is the only piece that can jump over any other piece.

**king**
The most important piece in the game; it can move backward or forward in all directions one square at a time.

**queen**
The most powerful attack piece; it can move backward or forward in all directions for as many squares as the player chooses.

## board games

**checkers**
Game that consists of capturing all the opposing counters by jumping over them, provided that the square behind each one is free.



**checker**
Counter that can move forward diagonally one square at a time; counters can only move backward to take an opposing counter.

**checkerboard**
Board divided into either 64 or 100 black and white squares.

## jigsaw puzzle

Puzzle that consists of a picture divided into irregularly shaped pieces that must be put back together.

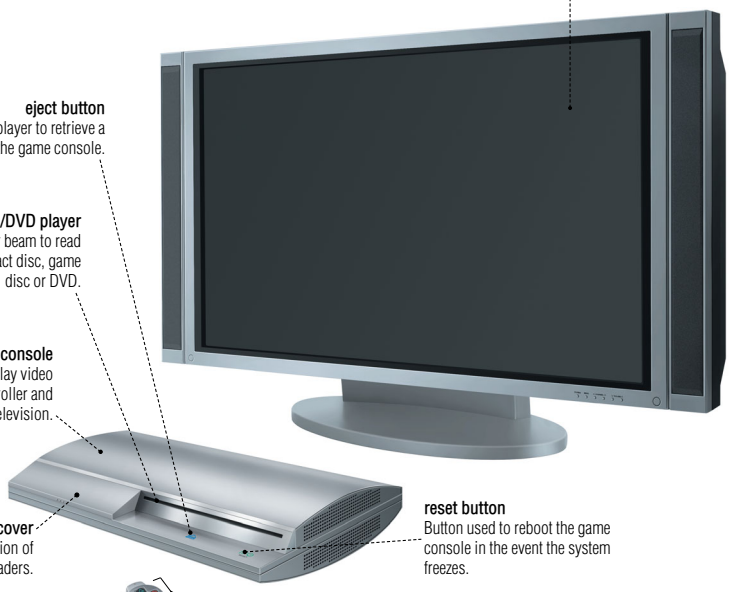
**piece**
Each of the fragments that fit together to create a picture.

**picture**
Image put back together by assembling the pieces.

**board**
Flexible surface on which the puzzle pieces are laid out; it can be rolled up while the puzzle is still unfinished.

# video entertainment system

Group of units (game console and visual display) that allows a person to control the action in a game displayed on a screen by means of a controller.



**visual display**
Surface on which the images appear.

**eject button**
Button that allows a player to retrieve a disc from the game console.

**CD/DVD player**
Device that uses a laser beam to read data written on a compact disc, game disc or DVD.

**game console**
Personal computer used to play video games; it is directed by a controller and plugs directly into the television.

**cover**
Part that covers the location of memory-card readers.

**reset button**
Button used to reboot the game console in the event the system freezes.

**action buttons**
Buttons used to perform various operations (grasp an object, jump, shoot, etc.).

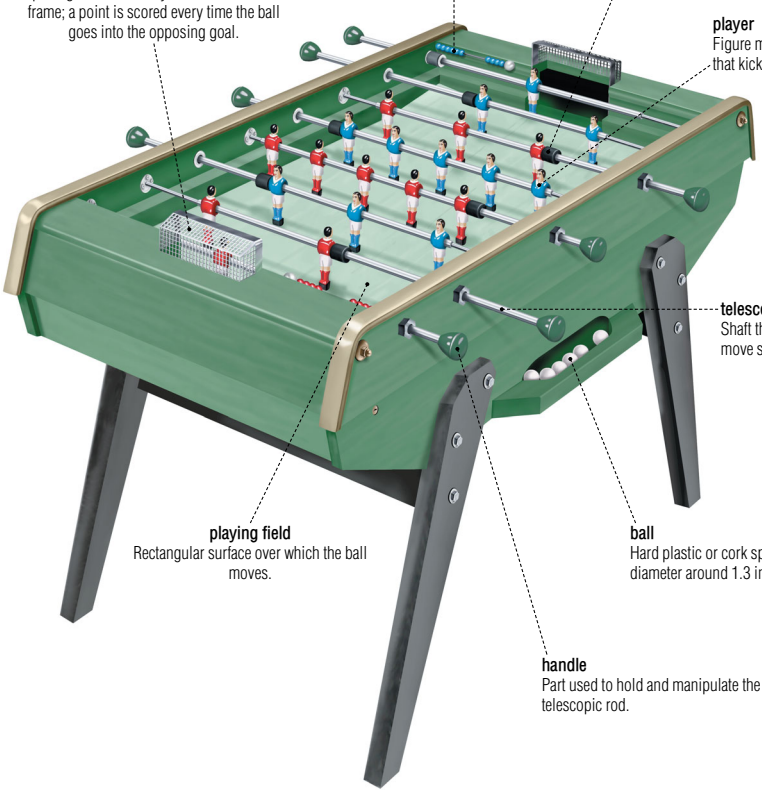
**directional buttons**
Buttons that are used to control the movement of objects or characters and enter various commands.

**joysticks**
Analog devices that replace the directional buttons.

**controller**
Game peripheral with buttons and joysticks that control movement, enter commands and perform operations.

# soccer table

Table soccer game with figures mounted on telescopic rods.



**score counter**
Metal rod along which balls slide to keep score.

**rubber bumper**
Rubber ring that absorbs the shock if the figure hits the table's inside edge.

**goal**
Opening surmounted by a net mounted on a frame; a point is scored every time the ball goes into the opposing goal.

**player**
Figure molded or screwed onto a bar that kicks the ball with its feet.

**telescopic rod**
Shaft that collapses so the player can move sideways.

**playing field**
Rectangular surface over which the ball moves.

**ball**
Hard plastic or cork sphere with a diameter around 1.3 in.

**handle**
Part used to hold and manipulate the telescopic rod.

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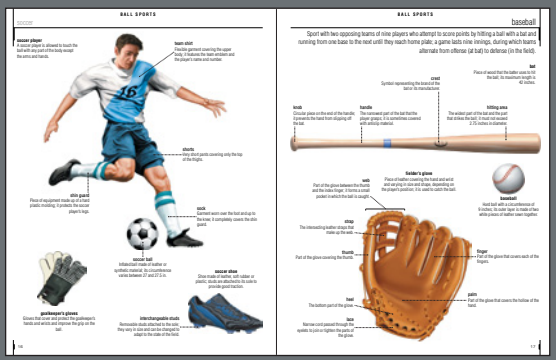
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